



# POWER BREATH MEDITATION WORKSHOP

## EVENT INFORMATION

**Workshop Dates:** June 19 - 23, 2018

**Times:**

June 19, 2018: 10:30 AM - 1:30 PM

June 20, 2018: 10:30 AM - 1:30 PM

June 21, 2018: 10:30 AM - 2:00 PM

June 22, 2018: 10:30 AM - 2:00 PM

June 23, 2018: 9:00 AM - 1:00 PM

*\*Attendance at all sessions is required.*

**Registration:**

Space is limited! Please email [leslye.moore@pwht.org](mailto:leslye.moore@pwht.org) by June 7, 2018.

The Power Breath Meditation Workshop is a mind-body program that emphasizes techniques to build resiliency. It offers practical breath based tools that decrease stress, anxiety, anger and sleep problems resulting in improved overall well-being:

- ▶ Better Sleep Quality
- ▶ Improved Mental Clarity
- ▶ Stress Relief
- ▶ Deep Mental Relaxation
- ▶ Optimal Performance

## LOCATION



The Steven A. Cohen  
Military Family Clinic  
at Easterseals

**1420 Spring Street  
Silver Spring, MD 20910**

**Parking:** Turn on Second Ave, the parking garage is directly under the Easter Seals building.

- ★ Open to Veterans and Military Families
- ★ No Cost
- ★ Child Care Provided
- ★ Free Onsite Parking
- ★ Metro Accessible



Bringing Peace of Mind to Veterans