



In partnership with
MILLION DREAMS STUDIO
presents

Mindful Meditation for the Chinese New Year

During the Chinese New Year of the Pig Celebration
on Tues., Feb. 5 from 6-8 p.m.
at 235 E. Third Street in downtown Imlay City

Join Cat Minolli of Imlay City's Peaceful Moon Yoga Studio for short sessions of guided mindfulness meditations based on the teachings and practices of Vietnamese Zen Master Thich Nhat Hahn. Calm your mind and open your heart with guided meditations aimed at getting the Year of the Pig off to a stellar start. Experience the energetic effects of crystal singing bowls as you clear negativity and re-center yourself. Look for sidewalk chalkboard for session times. The sessions last about 10 minutes, and include some aromatherapy. **ALL AGES WELCOME**

••The mindfulness meditation sessions are being offered in conjunction with Million Dreams Studio's Chinese New Year Celebration. The event includes the sights and sounds of the Chinese/Asian culture, dance, drumming, art, a dragon ceremony and a fireworks presentation. **ALL ages welcome.**



For more information visit www.milliondreamsstudio.com or www.peacefulmoonyoga.com