



# Mindfulness Meditation with Reiki

*with Elizabeth Phillips*

*Mainstream Meditation*

***at Go With The Flow Wellness***

Elizabeth Phillips, M.Ed. is a Master Level Reiki Teacher, Level 1 Crystal Healer and a Certified Mindfulness Meditation Teacher; certified through Andrew Kelley "The Boston Buddha" and Meditation For Everyone (MFE). Elizabeth teaches weekly Mindfulness Meditation classes including Reiki healing, Chakra Balancing workshops, and Yoga Nidra. She also offers corporate wellness classes through Exubrancy.

This class is designed to provide you with the tools you need to develop your own meditation practice. This hour long class will consist of a brief discussion/teaching about meditation, a 20-30 minute meditation and a brief sharing session afterward. During the meditation you will be given Reiki energy by the instructor, Elizabeth Phillips.

This class is perfect for beginners, or anyone who wants to get re-focused on meditation and incorporate a mindfulness meditation practice into their daily life. This class will allow you to slow your thoughts and help you attain a relaxed focus and put you in a positive state of mind to help you tackle the rest of the week ahead.

## CLASS SCHEDULE

**Wednesday Evenings 6 - 7 pm**

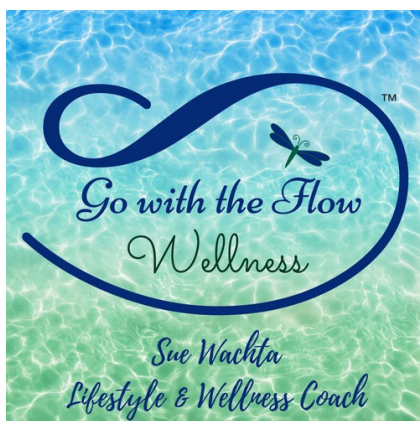
**November 28th ~ December 5th, 12th, 19th & 26th**

**All Classes are held at Go With The Flow Wellness.**

**Class size is limited so it's important to pre-register.**

**The class fee of \$10 can be paid on the day of the class.**

**To reserve your mat contact Elizabeth: [Elizabeth@MainstreamMeditation.com](mailto:Elizabeth@MainstreamMeditation.com)**



**Please visit my FaceBook Page  
"Go With The Flow Wellness Workshops & Events"**

**Go With The Flow Wellness  
54 West Main Street (Rte 123), Norton MA  
[www.GoWithTheFlowWellness.com](http://www.GoWithTheFlowWellness.com)  
[SueWachta@Gmail.com](mailto:SueWachta@Gmail.com)**