

Meditation and Mindfulness Made Easy: Fundamentals of the Contemplative Practice with Jere Friedman

Certified Meditation and Mindfulness Instructor

WEDNESDAYS, 7:00 - 8:15PM \$15 DROP-IN, OR CLASS PASS

Whether you are a novice or a seasoned meditator seeking guidance to deepen your practice, this class is for YOU!

Each week Jere Friedman will weave together teachings, Q&A, group discussions and sharing, and actual experience in a variety of ancient and modern meditation and mindfulness practices and techniques. Each class will include sound healing and will be fresh, unique, inspirational, and experiential in nature.



Jere Friedman, J.D., M.A., CMMI, is an Employee of the Universe – with full benefits! Jere is a practicing attorney and a Certified Meditation and Mindfulness Instructor, having completed the 200-hour Meditation Teacher Academy at McLean Meditation Institute® in Sedona, AZ. Jere also holds a Masters' degree in Spiritual Psychology from the University of Santa Monica, is a certified Breathwork Healer, and is considered one of the foremost gong players and sound healers in the world.


A Mindfulness Life™
CENTER

**10309 N. Scottsdale Rd.
SE Corner of Scottsdale & Shea
480.207.6016; AMindfulnessLifeCenter.com**