

TRANSFORMING

Life, Leadership & Relationships through

MEDITATION

A 10-week practical meditation course at The City College of New York

10 Thursdays

6:30 - 8:30 PM

May 17 – July 19

160 Convent Ave.

A B C D to 145th St.



Tuition: \$150

To register: Call (212) 650-7312

(Registration deadline: May 10)

Through meditation, you make a deep, organic connection with the moment, awareness, and the inner self that will transform and evolve how you live, love, lead and relate.

The new meditation program at CCNY teaches you the organic meditation process that is essential for personal growth and evolution. In this interactive 10-week course, you will learn indispensable meditation techniques and personalized meditation strategies to cultivate self-mastery, integrate meditation into a busy schedule, consciously access the power of mind-body-spirit, and holistically address the challenges and stresses of your everyday life and relationships...with calm, inner peace and wisdom. With personal attention from your instructor, you will learn to adjust and apply meditation principles and practices to your specific circumstances and transform your life, leadership, and relationships one week at a time.

Instructor: Antonia Martinez, PhD

www.HealingSpirit.com



Continuing and
Professional Studies

Why Meditate?

by Antonia “Dr. M” Martinez, PhD.

The list of things that meditation can do for you is long. Some of those things, you probably already know about. Some, you’ve never heard of. And some of them...well, you just wouldn’t believe. Meditation is a powerful tool not only for dealing with and improving life, health, and relationships, but also for connecting deeply with a power greater than yourself and moving far beyond what you accept as the limits of personal and human potential. Take a look at just a few benefits of meditation for mind, body and spirit:

PHYSIOLOGICAL BENEFITS:

1. Detoxifies the blood and the body
2. Increases physical relaxation
3. Lowers high blood pressure
4. Reduces anxiety and anxiety attacks
5. Significantly decreases muscle tension
6. Enhances the immune system and the body’s natural healing abilities
7. Minimizes physical effects of emotional distress
8. Increases energy, stamina and overall wellness.
9. Corrects hormonal imbalances, including those that cause stress-related and emotional weight gain
10. Reduces free radicals and tissue damage associated with aging.
11. Lowers cholesterol and risk of cardiovascular disease
12. Improves lung and heart health
13. Prevents, alleviates or minimizes chronic pain
14. Natural remedy for headaches and migraines
15. Enhances both left and right brain functions and electrical activity
16. Conserves your physical energy
17. Reduces the amount of hours your body needs to rejuvenate and be well-rested.
18. Harmonizes the endocrine system
19. Improves nervous system functions
20. Affects serotonin levels, which regulate mood, emotion, sleep, and appetite

EMOTIONAL & PSYCHOLOGICAL BENEFITS:

1. Builds self-confidence, esteem and personal power
2. Develops will power and ends self-sabotage
3. Better mental focus, concentration and dexterity
4. Increases effectiveness, efficiency and productivity

5. Evolves your character and sense of self
6. Develops responsibility and emotional maturity
7. Make peace with a difficult or painful past
8. Increases creativity and insight
9. Enhances learning ability and memory
10. Significantly improves problem-solving and decision-making skills
11. Increased emotional and mental stability
12. Improves personal and professional relationships, including relationship with self and family
13. Resolve bad habits, fears and phobias more easily
14. Minimize negative or addictive thoughts, emotions and behaviors, and emotional distress
15. Control and heal anger, aggression and hurt
16. Decrease restlessness, worry, confusion, and drama
17. Decrease conflict, stress and struggle in your life
18. Improve communication skills and empathy
19. Greater tolerance and patience
20. Increased joy, happiness and contentment

SPIRITUAL BENEFITS:

1. Allows you to tap your inner power and potential, and the power of Now
2. Clarity and peace of mind
3. Increased sense of purpose and fulfillment
4. Experience personal evolution and self-realization
5. Forgive and have compassion (for self and others)
6. Know, love and accept yourself
7. Develop your intuition and inner senses
8. Cultivates inner wisdom and the inner compass
9. Experience greater abundance and prosperity
10. Increases inner strength
11. Harmonize and master body, mind, and spirit
12. Positively transform your life and relationships
13. Enlighten and gain inner peace
14. Awaken and enhance natural spiritual gifts such as spiritual dreaming, psychic abilities, etc.
15. Get unstuck, release the past, resolve karmic issues
16. Be in alignment with your highest good
17. Love and be loved easily
18. Connect with Source; be one with all things
19. Recognize and live your truth
20. Heal your life and live your destiny

Sound like something you could use? Register for the Meditation program at The City College of New York. Class starts May 17. For details Call (212) 650-7312 or visit HealingSpirit.com