## THE RHYTHM OF RELAXATION

An exclusive and one-of-a-kind meditation workshop by Mark Seaman, Founder of Earth Rhythms and Livin' in the Rhythm interactive music-based programs for people of all ages.

Body Zone is thrilled to introduce Mark Seaman and his outstanding and nationally recognized music-based services to our members! Participants will experience the healing and stress reducing power of drumming, rhythm and guided imagery in this interactive meditation workshop designed to help you achieve a relaxed mind body balance.

Date: Wednesday, April 30, 2014

**Two** 8:15 – 9:15 AM

sessions: - OR -

5:30 - 6:30 PM

**Location:** Mind Body Studio

(2nd floor Wellness Center)

**Fee:** \$15 for members

\$25 for non-members

**Register:** By April 28 at bodyzonesports.com/learn

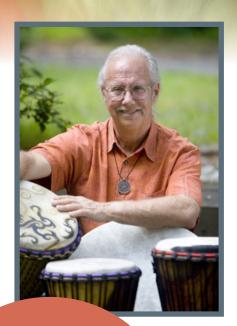
or by contacting Guest Services at

610-376-2100

## For more information:

Laurie Schultz-Redlus, Wellness Services Coordinator lschultz@bodyzonesports.com 610-376-2100 x284

bodyzonesports.com/learn



Learn more
about Mark Seaman's
unique background and
Livin' in the Rhythm
music programs here:
livinintherhythm.com

