

# 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.



Learn more  
about Mark Seaman's  
unique background and  
Livin' in the Rhythm  
music programs here:  
[livintherhythm.com](http://livintherhythm.com)

**Date:** Wednesday, April 30, 2014

**Two sessions:** 8:15 – 9:15 AM  
- 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](http://bodyzonesports.com/learn)  
or by contacting Guest Services at  
610-376-2100

**For more information:**

Laurie Schultz-Redlus, Wellness Services Coordinator  
[lschultz@bodyzonesports.com](mailto:lschultz@bodyzonesports.com)  
610-376-2100 x284

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