



FOR IMMEDIATE RELEASE

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DE-STRESS, RE-FUEL & RENEW YOUR ZEST FOR LIFE

Has the holiday hustle and bustle left you ho-humming? If your get-up and go got-up and went, bring it back for the new year and renew your zest for life. Meditation is the new secret weapon for fighting off fatigue, stress, and aging. And giving the gift of meditation is the best way to be remembered!

Sedona Meditation Training Company makes meditation easy for anyone and has programs to recharge, refresh and revitalize you. Choose from a Meditation for Beginners class, or a Weekend Meditation Retreat in Sedona. They'll even teach you the popular meditation technique that Deepak Chopra raves about.

Sarah McLean, director of the Sedona Meditation Training Company, was one of the founding directors of the Chopra Center in California, and has over 20 years' experience. She and all the certified trainers at the Sedona Meditation Training Company skillfully demystify meditation and make the practice accessible to anyone. She is a sought-after presenter and a regular guest on Channel 3's Your Life A - Z.

Check the latest course offerings throughout Arizona at www.SedonaMeditation.com, or email sedonameditation@gmail.com. 928.204.0067. ###