

# Find Your Inner Peace

## Meditation Class

### Offered by Heart Space

#### **Transformative Benefits of Meditation that Accrue with Practice:**

- 1) Strengthens the brain's ability to concentrate by increasing activity in the prefrontal cortex, which is responsible for focus and decision-making.
- 2) Improves sustained attention, memory, cognitive function; reduces mind-wandering.
- 3) Improves resilience to stress and emotional regulation. Reduces anxiety disorders. Lowers the production of cortisol, the stress hormone, and increases levels of GABA and serotonin, neurotransmitters associated with relaxation and happiness.
- 4) Enhances creativity and problem-solving skills.
- 5) Slows brain aging and protects against neurodegenerative disorders.

Join us for an introductory meditation class designed to help you reduce stress, enhance your focus, and cultivate a deeper sense of well-being.

Everyone is welcome!  
No prior experience necessary.  
No fee; love offerings welcomed.

**When:** Saturdays, May 10th and June 21st

**Where:** 5104 Double Bridges Road, Meherrin, VA

**Time:** 2:00 - 4:00 p.m.

**Other:** If possible, BYO comfortable seating.

**To Register, or for more information,**  
leave message for Dr. Herrsche @

**804-387-3421**

#### **Meditation Practitioner & Instructor**



**Dr. Ron Herrsche, Chiropractic Physician**  
Wholistic Health and Wellness Educator  
Owner of South Hill Wellness Center