



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: March 7, 2018**

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**Subject: Meditation, Mindfulness and Breathing**

**Traverse City** – Meditation is a mind and body practice that has a long history and used to increase calmness and physical relaxation, improve psychological balance, cope with illness and enhance overall health. Mind and body practices focus on the interactions between the brain, body and behavior. When you combine mindfulness to meditation, it isn't about letting your thoughts wander; instead, the practice involves paying close attention to the present moment — especially your thoughts, emotions and sensations.

When you add breathing to your meditation routine, it can reduce restlessness and anxiety – a good way to relax. Concentrating on the breath has a positive effect on your entire physical and mental state.

Join Naomi Sophia Call on Mondays beginning September 10 at 11 a.m., at the Traverse City Senior Center, 801 E. Front Street, as she shows how to incorporate simple breathing techniques into mediation, resulting in quieting the “busyness” of the mind, making a difference in how you feel. Most of us think we know how to breathe, but 90 percent of us are not breathing correctly or efficiently.

Call has a Yoga Teacher Certification from Kripalu Center in Lenox, Massachusetts. She recently came to the area from Southern California, where she worked as a Yoga, fitness, healthy living, cooking and meditation teacher, consultant and private trainer at numerous locations. She has over thirty-five years of service in the healing arts.

Each session is \$5.00 and advance registration is required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-2080.

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*