

**The Integrated Healing Center Welcomes Marie Roberts, M.A., M.S.
at The Office of Christine F. Hayes P.T., P.C.
195 W. Lancaster Ave, Suite 3
Paoli, Pa. 19301**

Marie Roberts, M.A., M.S., is an ordained Presbyterian minister, spiritual director, and teacher of yoga and meditation. Her retreats and workshops focus on energy awareness and the integration of body, mind and spirit. She is the author of OUT OF YOUR MIND AND INTO YOUR HEART; USING LOVE ENERGY TO HEAL YOUR LIFE AND LIFE LESSONS AND SOUL SKILLS; LEARNING FROM YOUR MISTAKES THE FIRST TIME AROUND.

**Saturday October 10, 2009 12:00 - 3:00
Cost \$30.00 Please RSVP by October 7, 2009**

Meditation For Total Well-Being

Whether you are dealing with a physical illness, an emotional issue, or just the stress of everyday life, meditation is the building block that supports your well-being. Your breath can help you relax so that you make it easier for your healthcare practitioners to treat you. It can help you focus so that you don't waste the energy involved in an inner struggle, but can instead be available to make the best possible choices for yourself and your loved ones. We will practice several different techniques so that you can find one that suits you.

***Please contact Michele Mallon at 610-695-9913
RSVP by October 7, 2009 (Space is Limited)***