

# Airport Health Club

Members and non-members are welcome!  
432 Aviation Blvd., Santa Rosa (Studio 4)  
**Five Saturdays, 11:00 AM till 12:30 PM**  
**February 9 through March 9**

5-Week  
**TRAINING**

**\$325**

**Register Now!**

DASA Meditation – Celebrating 44 Years

## Meditation for Pain Management

**REGISTRATION IS LIMITED TO 12  
Adults 18 +**

*"I didn't think meditation was for me. After just a few weeks of practice, I was able to sleep deeply for the first time in years." —Allison B.*

- ✓ Improve your overall physical and emotional wellbeing.
- ✓ Modify negative behaviors that often increase pain.
- ✓ Lessen your inflammation through stress management.
- ✓ Learn to master self-care and self-awareness.
- ✓ Introduce research-based pain management techniques into your routine.
- ✓ Learn a variety of supportive mind-body skills, making this course an essential life-changing experience.

Sign up at the intro talk January 26<sup>th</sup> or 31<sup>st</sup> for just \$295 (cash or check only). RSVP for the free talk at the Airport Club Service Desk (707) 528-2582

### About the Instructor

**Lorraine Alexander** first began to meditate at the young age of 15 and has lived a life infused with meditation and other mind-body practices.

- Second-generation DASA Meditation Certified Teacher and program trainer
- Lead instructor for DASA Meditation's Annual Teachers Recertification Training
- Past provider/trainer for NCFRP a subdivision of Pain & Rehabilitative Consultants Medical Group, a CARF Center of Excellence.
- Certified Advanced Mind-Body Medicine Professional with the Center for Mind-Body Medicine

Registration: <http://dasameditation.org/events.html>

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