



***Harbor Lights Yoga Presents***

**Beginners Meditation**

**With**

**Journalist/WorkLife Pundit**

**Judy Martin**

**Saturdays - February 6th & 20th  
1PM - 2PM**

Registration Fee: \$15.

Join Emmy award-winning Journalist and WorkLife Pundit Judy Martin as she offers techniques to cultivate calm and consume the chaos with meditation and breathing exercises.

It's almost impossible to control anything outside of your brain, but you can get a handle on the inner workings of the pervasive monkey-mind that makes you less effective at work and in life.

**More about Judy...**

Judy has covered some of the most chaotic moments in history including the terror attacks of 9/11, the Avianca plane crash, Hurricane Andrew and the impact of the war in Kosovo.

While experiencing these devastating events, she has also witnessed the incredible beauty of the human spirit. Her work in news and as a certified Hospice volunteer created a solid foundation upon which to teach stress reduction in a time of great transformation. Judy has studied both eastern and western forms of meditation for more than 20 years.

Judy is the Founder of WorkLifeNation.com. Her CD: Practical Chaos: Reflections on Resilience is in its 3<sup>rd</sup> printing. To learn more about Judy head to [JudyMartinSpeaks.com](http://JudyMartinSpeaks.com) or [WorkLifeNation.com](http://WorkLifeNation.com).

**Harbor Lights Yoga:**

125 West Shore Road Huntington, NY 11743 (631) 223-2533  
Pre-registration is suggested: [info@JudyMartinSpeaks.com](mailto:info@JudyMartinSpeaks.com)