

Relaxation and Meditation for Beginners



Come quiet your mind and open your heart to the practice of meditation. The instructor, Chester Freeman, has been practicing mindfulness meditation since 1976. He will share his skills and insights to help you start your own practice of relaxation and meditation.

When the mind is calm, we are able to reflect on our lives with more openness and clarity. During this four-week class, you will be introduced to four different meditative techniques. Each technique is suited to a different personality type. It is the goal of the instructor to expose you to each of these techniques. In doing so, we hope that you will find the method that works best for you. Students are encouraged to bring a pillow to each class.

We will be offering three classes for your convenience.

May 5 – June 2, 10 am to 11 am
Wednesdays, (no class on May 12)

June 17 – July 7, 10 am to 11 am
First meeting on Thursday, all other days are Wednesdays

May 6 – June 3, 6:30 pm to 7:30 pm
Thursdays, (no class on May 13)

Building 8, Room 830
Registration fee: \$25
Chester Freeman, Instructor



To register:

By phone: 940-6375; we accept Visa & MasterCard
In person: Building 8, Room 802
By mail: Beaufort County Community College
Attention: Lauren Spruill
P O Box 1069
Washington, NC 27889
(Please make check payable to BCCC)

For more information about our Community Services Program,
please call Lou Stout at 940-6307.

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Division of Continuing Education
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