

Meditation—It's Not What You Think

With D. Buffy Pilloud, Associate Professor, Valencia College

*Want to quiet your mental chatterbox?
Care to learn an effective, drug-free method to reduce stress and promote
well-being?*

- Experience specific meditations you may easily incorporate into your everyday life.
- Sample various meditation methods to see which styles appeal to your personality.
- Discover how to quiet the 'monkey mind' with meditation and mindfulness.
- Learn about the role of the breath, posture options and the proven positive effects of a meditation practice.
- Manage your stress—change your life!
- Earn 2.5 CEU's for Yoga Alliance RYT's.

Saturday, July 18
9:30am-12:00pm

Office of Debra (Rusty) Gaffney, A.P., CCPA
339 E. New York Ave. DeLand, FL 32724 386-734-4126
yogabuff@mac.com www.mindbodyhappy.massageplanet.com

Space is limited—Register NOW to reserve your seat.
\$30 pre-registration \$35 at the door (cash or checks welcome)
***Special Rate for **Students** with ID AND **Patients** of Debra
Gaffney, A.P.--\$25 **pre-registration**

D. Buffy Pilloud, E-RYT, is an Associate Professor of Yoga and Meditation at Valencia College in Orlando, FL. She is co-founder of Visuddha Yoga Teacher Training, a Yoga Alliance Registered Yoga School. Buffy is a seasoned instructor of Hatha Yoga, Integrative Yoga Therapy, Pre-Natal Yoga, Childrens' Yoga and meditation, as well as a Usui and Seichem Reiki Master. She is a graduate of Cornell University, where she earned a degree in Plant Science. An avid student of energy medicine, plant-based medicine and alternative healing modalities, Buffy's mission is to help people find mind-body-spirit wellbeing using movement, breathwork and meditation and through natural methods that enhance health on all levels of being. She is President of Mind Body Happy, LLC.