



## **For Immediate Release**

**Contact:** Simone Jennings  
The Open Mind Center  
1575 Old Alabama Road  
Suite 213  
Roswell, GA 30076  
(678) 243-5074  
publicrelations@theopenmindcenter.com  
[www.theopenmindcenter.com](http://www.theopenmindcenter.com)

## **Meditation Classes at The Open Mind Center**



**ROSWELL, GA** (May, 2014) –The Open Mind Center, Georgia’s premier comprehensive holistic center located at 1575 Old Alabama Road, Suite 213, Roswell, Georgia, is pleased to announce we are opening the door to our meditation room for our entire community to use each morning. In an attempt to be of service to our locals, every weekday between 10-11am we welcome everyone to come and enjoy an hour of meditation with their neighbors, friends and family free of charge. Those who feel guided to offer a donation will contribute to Peace Across the Planet. Peace Across the Planet is a non-profit created to help spread peace throughout the world by identifying people and locations like ours that are united in order to hold ceremonies and fundraisers to help spread peace.

In addition to our weekly morning meditation, we also have a variety of other meditation courses geared to help reduce stress and produce a sense of inner peace. Every Monday evening we have a meditation between 6:30 and 7:30pm. This class is offered at a \$5 minimum donation. The last Tuesday of the month we offer a Meditation for Beginners class that teaches beginners about the

art of meditation and introduces them to a variety of meditation styles and techniques. This class is \$10. On June 19<sup>th</sup> we will introduce Mantra/Pranayama meditation.

It's not surprising that we've noticed an increase in the number of people inquiring about meditation, given that more and more people, including celebrities are touting the benefits of this practice. More recently, since Dan Harris came out with his book *10% Happier: How I Tamed the Voice in my Head, Reduced Stress Without Losing my Edge and Found Self-Help that Actually Works*, we've noticed an influx of inquiries. The art of meditation has so many benefits. In addition to reducing stress, depression and anxiety and lowering blood pressure, it also helps reduce sleeping issues such as insomnia. Meditation has been proven to help our troops who are dealing with PTSD. Studies have also shown that using mindfulness techniques have assisted mothers who have been diagnosed with postpartum depression. Integrating meditation into your life can change you from the inside out and help you in all areas of your life. We invite you to join us for our meditation classes.

**About The Open Mind Center-** The Open Mind Center is dedicated to creating and inspiring a sense of hope, health and community for its customers. The Center offers instructive programs, holistic health and wellness services, personal and professional coaching, and products intended to heal the body, nourish the soul and awaken the spirit. The spacious 6,800 square foot facility contains classrooms, a wellness studio with massage rooms, a retail space, tea bar and meditation room. For more information about The Open Mind Center, please contact Charmaine Taylor at (678) 243-5074, or visit [www.theopenmindcenter.com](http://www.theopenmindcenter.com).