

# ***Sitting With the Soul Meditations for 2020***



**Meditation Guide:** Lanette C. Clark, Certified Usui/Holy Fire III Reiki Master

**2020 Dates:** March 21\*, April 18\*, May 23, June 20\*, July 11\*,  
August 15, October 17\*, November 14, December 12\*

**Times:** 11:00am and 3:00pm (***\*indicates 3:00pm class only***)

**Where:** Meet Inside the Clubhouse (***Sessions will take place outdoors, weather permitting.***)

**Who:** All OLT Members, Residents and Guests Are Welcome

**Cost:** Donation-based (suggested donation of \$10 per person)

**Sitting With the Soul** offers guided meditations intended to relax, comfort and heal the physical, mental and emotional well-being of each participant within a space of full support and acceptance. Each session combines various meditation techniques to assist in increasing overall awareness, achieving a peaceful state of mind and feeling a sense of deep relaxation. As a Meditation Guide and Certified Usui/Holy Fire III Reiki Master, Lanette includes aromatherapy, healing crystals, sound therapy, and Reiki to assist participants in their meditative process and personal healing experience.

Each session begins with an introduction and deep breathing, followed by a guided meditation. After the guided meditation, participants enter reflective time, which allows each participant to deepen their experience and connectivity between the mind, body and spirit. During reflective time, Lanette gives each participant short, personal Reiki treatments.

Sessions are open to anyone who wishes to join. Whether you are new to meditation or a person who meditates regularly, this is a space in which you are fully accepted, supported and loved. Yoga mats are provided. A selection of cushions is provided; however, it is recommended that each participant bring two towels and a bottle of water.

\*The guided meditation will be different for each session, so those who wish to participate in each may do so. Lanette also offers in-home, private Reiki Treatments and Chakra Balancing sessions. To inquire or schedule an appointment, please contact her at the email below.

For additional information or questions, please contact Lanette Clark at [lanette@oceansecho.com](mailto:lanette@oceansecho.com).

