



## PUBLIC SERVICE ANNOUNCEMENT

For Immediate Release  
**August 29, 2012**

For More Information:  
**City of Marquette Arts and Culture Center**  
**906-228-0472**

### **Intensive Beginning Meditation Workshop Offered**

The beginning meditation workshop, taught by Melissa Middleton, will guide participants in classic seated meditation practice based on rich and ancient spiritual traditions. Each class of the six-week session will include techniques, background information, meditation time, and discussion. Several techniques to calm the mind, center yourself, and bring clarity and peace to your life will be explored. Middleton offers her own experience from many years of meditation practice and training and holds a Meditation Instructor certification through the Shambhava School of Yoga and Meditation. Participants should bring a meditation cushion and/or blanket. Chairs will be available.

The class will be held on Wednesdays, September 26 – October 31 from 5:15 to 6:15 p.m. at the City of Marquette Arts and Culture, located in the lower level of the Peter White Public Library. Registration is \$30.00 city residents and \$35.00 for non-residents. The materials fee is \$10.00. Please call the City of Marquette Arts and Culture for more information or to register: 906-228-0472.

# # # # # # #

City Manager Approval

City Clerk Submission to the Media