In this four-session series, we'll look at how your brain works, where the state of your brain is at this moment, what you think about, and, if what you're thinking isn't quite working for you, how to change the way you think. Accessing your subconscious mind is a key to transforming your thinking. Research shows that meditation is the doorway to different thinking. Therefore, this class will be part left brain understanding and part right brain meditation. Integrate both the left and right brain in this delightful and fun summer opportunity.

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You may bring form and/or payment with you to your first class, or you can mail it to the OLLI office.

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