

City of Vacaville

Public Information Office
650 Merchant Street
Vacaville, CA 95688
Phone: (707) 449-5371
Online at: www.cityofvacaville.com



FOR IMMEDIATE RELEASE
Thursday, April 15, 2010
Contact: Mary Torres (707) 449-5631

MIND & MEDITATION SEMINAR SET FOR APRIL 24 AT McBRIDE

The Art of Living Foundation will present its internationally acclaimed Mind & Meditation seminar from 9-10:30 a.m. on Saturday, April 24 at the McBride Senior Center.

This course, based on innovative yogic breathing and meditation techniques, teaches participants about the laws that govern our minds and how we can more easily tap into the benefits of meditation by using our breath.

The fee for the course, which is open to adults 18 and older, is \$15. As space is limited, pre-registration is required. Individuals can register online at www.cityofvacaville.com or at any of the following locations: McBride Senior Center, 91 Town Square Place; Ulatis Community Center, 1000 Ulatis Drive; and Three Oaks Community Center, 1100 Alamo Drive. For information, call 449-5631.

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