

## Additional information

Registration for Wellness Wednesday programs is required. To register, visit our online calendar or call the Information Desk (422-1480).

\*For the two Sound Meditation programs: Bring a yoga mat or blanket if you wish to lie on the floor; chairs will be provided for those who prefer to sit.

Questions: contact Christiane Deschamps (422-1496) or [cdeschamps@whiteplainslibrary.org](mailto:cdeschamps@whiteplainslibrary.org)

### Ongoing Programs:

#### Lunchtime Meditation

Wednesdays  
12:15 to 1:00 p.m.

Brief beginning instruction followed by meditation in a group setting.

#### Meditation/ Reflection Room

Mondays  
Open 12:15 to 1:45 p.m.

Stop in for a few minutes or longer to re-group. A quiet place for self-guided meditation and reflection.

Wellness  
Wednesdays  
Fall 2018



## Relax with Reiki

September 12 & November 28,  
7:00-8:30 p.m.

Join Andrea Deierlein for a conversation about Reiki, a natural healing practice from Japan that brings balance to body, mind, and spirit. Mini Reiki sessions will be available after the introduction.

Deierlein, a member of the International Association of Reiki Professionals, practices and teaches throughout Westchester County. For more information, visit her site, [thrivereiki.com](http://thrivereiki.com).



## Stress Management

September 26, 7:00-8:30 p.m.

Health educator Dr. Elizabeth S. Wind offers a toolkit of mindfulness and stress management techniques for immediate use. Wind has taught and led programs on stress management, meditation and mindfulness in many academic and business settings, including Westchester Community College and Westchester Jewish Community Services.



## Relax and Restore with Sound Meditation\*

October 10, 7:00-8:30 p.m.

Experience a sound journey with Harmonic Alchemy duo Dr. Celine Daly and Julie Harris. Vibrations from their singing bowls, drums, gongs and flutes will soothe and help participants recalibrate. Daly is a physician and flutist and has studied sound healing extensively. Harris is a Reiki Master, Sound Healer, and flutist. Both have expertise in the Native American style flute playing. For more information, visit Daly's site, [celinedaly.com](http://celinedaly.com).



## Sound Healing & Tibetan Singing Bowls\*

November 7, 7:00-8:30 p.m.

Explore the ancient, restorative potential of Tibetan singing bowls to awaken a natural state of deep relaxation. In playing these bowls, Michelle Clifton shares an experience of beautiful sound that can calm the mind and release tension. Clifton is a Master Sound Healer and massage therapist who has been studying energy healing since 1987. She incorporates singing bowls into her private practice and has played for festivals, libraries, and group workshops.

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## Contact Us

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