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**FOR IMMEDIATE RELEASE**

## **STRESS RELIEF FOR SAN DIEGO**

### ***Local Nonprofit Offers Free Meditation Classes***

#### **FREE MEDITATION CLASSES AT THE BRAILLE INSTITUTE**

### ***New Insights for Visually Impaired***

**San Diego** – August 1, 2009 – *The Meditation Initiative*, a San Diego nonprofit organization offering free non-faith based mediation classes throughout San Diego County is happy to announce they will be providing free meditation classes for the visually impaired. Beginning in September, weekly classes will be held on Mondays at 1:45pm at the at the San Diego Braille Intstitute. The hour-long class will include a discussion on the history, myths and benefits of meditation, a 20 minute guided meditation, and tips for staying motivated in maintaining a daily meditation practice.

The mission of *The Meditation Initiative* is to help prevent stress and anxiety, improve focus and attention, and share tools for anger management while improving overall mental health. Free meditation classes have been provided to public and private schools, colleges, hospitals, prisons, cancer clinics, alcoholics anonymous, and group homes for victims of domestic violence and human trafficking. Community Meditation Partners include:

- \* The Campaign for Love & Forgiveness
- \* King Chavez High School
- \* The Braille Institute
- \* Morse High School
- \* Crawford High School
- \* Jewish Family Services
- \* Community of Coronado
- \* The Monarch School
- \* KPBS
- \* Catholic Charities
- \* San Diego City College
- \* Metropolitan Correctional Center
- \* Kids for Peace
- \* La Jolla Recovery - Sober Living
- \* South Bay Community Services
- \* Navy Medical Center

*The Meditation Initiative* invites you to experience an upcoming meditation class. All classes are free, but donations are accepted. Please visit [www.meditationinitiative.org](http://www.meditationinitiative.org) to learn more.