



WORKSHOPS

Mii amo

Learn to Meditate

Presented by Bhadra Ruttiger

5:30 – 6:30 pm
Movement Studio

A daily meditation practice offers immeasurable benefits for your mind, body and spirit. Meditation can help reduce stress and worry, leading to a more relaxed, fulfilled and happy life. Join us as we learn how to enter into a meditative and calm state of mind through simple breathing and relaxation techniques.

ABOUT THE PRESENTER

Bhadra Ruttiger originally from Germany, his interest in meditation and self-awareness has taken him around the world to many different countries, including India, where he lived in an ashram, devoting his time to learning meditation techniques. With more than 30 years of experience as a gifted therapist, he uses his intuition and compassion to assist guests in realizing their true and authentic self. Bhadra is a senior therapist at Mii amo and resides in Sedona.