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Every moment is a fresh beginning.

- T. S. ELIOT

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Peace of mind. Happiness. Health. It's what we're all striving for. This newsletter will help guide us on our journey toward these. Along the way, we'll send inspiring stories, practical tips, and timely news. Meditation changed my life for the better and I'm so thankful to be able to share it with you. I'm excited to see where it will lead! - Stephen, Journey Meditation Founder & CEO



Upcoming Events



Sign up for Journey Meditation Teacher Training

Learn to teach, advance your career, and deepen your practice. Registration for Journey Meditation Teacher Training in New York and L.A. is now open!

[APPLY HERE →](#)

Meditate with Journey & Lululemon

Join Lululemon and Hudson River Parks for a free, evening Journey Meditation session. July 27th & August 10th. 6:30 p.m. at Pier 46 in Manhattan.

[RSVP →](#)



Our Community

Journey teacher Linda Souders on simply breathing



BACKGROUND

Certified Journey Meditation teacher, yoga teacher, soft tissue therapist, former graphic designer

PROFESSION

Health educator

MY JOURNEY

Journey's mission of helping modern people live healthier and happier lives in a simple, clean way is also my mission as a health educator. We are naturally a great fit!

MY PRACTICE

As I've navigated the tumultuous waters of adult life – marriage, motherhood, career transition, economic turmoil, divorce, death – this simple practice of taking time to sit, draw inward, and attend to my breath has been the stabilizing force. It calms me, rejuvenates me and helps me be the most authentic and vibrant version of myself.

Keep your practice consistent: 5 creative ways



Want to make your practice more regular? Meditator, wisdom seeker and karaoke superstar Anastasia Alt shares takeaway tips from her recently completed Level 1 of Journey Meditation Teacher Training. From using dedicated meditation headphones to journaling before and after meditating, Anastasia imparts unique ways to keep to a steady practice. "The practice is not holding your mind to the breath, but coming back to it," Journey teacher David Nichtern told her.

Meditation News

Meditation as Medicine on the Rise - ABC News

More and more, meditation is being offered in hospitals, businesses and community centers around the U.S. as a way to reduce stress and help patients cope with pain and mental strain.



A study at Emory University found that meditation made subjects better able to read the emotions on people's faces, one of the key components of positive relationships.

Know someone who'd like Journey? Let them know you care by sharing.

