

# Fort Riley Meditation Practice

Starts 18 July, all are welcome!



(So awesome, it even has its own action figure)

## *Benefits Of* **MEDITATION**

-  Reduces pain and enhances the body's immune system.
-  Reduces feelings of depression, anxiety, anger and confusion.
-  Increases blood flow and slows the heart rate.
-  Provides a sense of calm, peace and balance.
-  Helps reverse heart disease.
-  Helps control thoughts.
-  Increases energy.
-  Reduces stress.

**Monday through Friday, 1130-1200 at Normandy Chapel**  
**Questions? Contact CH (CPT) Mohr**  
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