



Teaching You Transformational Ways to Live a Happy Life

Summary: The following press release is written to provide information about the Aware Meditation group. You may contact them for learning meditation techniques for relaxing your mind and soul.

We all have gone through the ups and downs in our lives. It is said by the experts that attachment is the primary cause of sorrow. Most of us know these facts, but we keep running in the competition of earning more and more money till the till we would die. The urge of chasing our competitors in our studies, job, or business, makes us accumulate stress and anger, which could change our behavior with our colleagues, friends, and family members. To get rid of those, we must [learn meditation Sherman Oaks](#) and practice on regular basis. Meditation is a revolutionary act, which could help us in retaining positive attitude towards our life.

However, we could not start practicing meditation by our own. At the initial level, we are required to consult some tutor who could drive us through easy steps following which we could meditate easily. If you are looking for such a meditation tutor, you could contact us at Aware Meditation. Our [transcendental meditation teacher Sherman Oaks](#), Ms. Paula Newman, lives with an aim of empower the lives of individuals suffering through the bad phases of their life. She could teach you the basic meditation steps, following which you would be able to start meditation by yourself. She has conducted her meditation coaching sessions throughout 3 continents. She has also appeared on GoodDay Sacramento and Celebrity Wife Swap as George Hamilton's meditation teacher.

She has also hosted seminars and workshops in the corporate firms and pain management centers. She has also written a book on '11th Step Adventures in Meditation'. As soon as you will keep practicing her learnings on [Vedic meditation San Francisco](#), you will be able to realize your potential and rediscover your soul using the hidden energy that you would have within. We offer free introductory talk session, which you can schedule by accessing our website. Post attending which you will be able to utilize your inner energy, harness negativity from your life, and know your hidden power. On practicing her guidelines, you will be able to

attain health advantages, deep relaxation, and even come out of emotional stresses. Her sessions would also help you in recovering from pain, migraine, anxiety, and other ailments.

Contact us:

Aware Meditation

Address: 501 c3-Non Profit Org

Healing the 1 mantra @ a time

Remove STRESS

Vedic Meditation

Sacramento SF Sherman Oaks

Website: <https://awaremeditation.com/>