

MISSION STATEMENT

Helping others help themselves to develop the necessary skills to reduce stress and anxiety and enhance the quality of life.



We are proud to offer naturopathic services in our holistic health center.

A naturopathic physician's practice focuses on the body's innate ability to heal itself. He/she treats patients of all age groups suffering from conditions such as allergies, obesity, hormonal imbalances and chronic pain. A naturopath investigates and helps eliminate the cause of illness rather than just treating a symptom. Some also offer acupuncture, chiropractic care and provide weight loss and nutritional counseling. Please inquire about the services available to see if this aspect of health care will be of benefit to you.

PRACTICE SHOP



For your convenience, we have a Practice Shop that has all your Meditation needs. Choose comfortable clothing, cushions, Yoga mats and affordable equipment, including imported goods from India, Vietnam and other parts of the world. Relax with books, tranquil CD's, incense and teas. Find a pleasant array of merchandise to enhance your peaceful mind. Give yourself spiritual gifts to create a sacred space where you can step into calm, change perspective and get grounded. All monies generated from the shop are used for those who cannot afford our services.

Stillwater Meditation Center

A Holistic Health and Practice Center

28-30 Beach Road
Wolcott, CT 06716

Phone: 203-879-0630

Email: Pierce@stillwatermeditation.com
www.stillwatermeditation.com

Stillwater Meditation Center



A Holistic Health Center

*Where Body and Mind Come
Together in the
Here and Now*

28-30 Beach Road
Wolcott, CT 06716
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Stillwater Meditation Center is dedicated to fulfilling your desire to attend a practice center. It is a welcoming refuge and our doors are open to everyone, especially those who are suffering or going through difficult times. It is not about religious beliefs; it is about learning to focus and concentrate on “what’s at hand”... your life! You will not hear anything “new” or “earth shattering” at the Center...just reminders, using the examples of some of the most excellent teachers in the world, including Martin Luther King, Jr., Gandhi, Jesus, Mohammed, Buddha and others, to remind us of how kindness, compassion and selflessness can increase your understanding and help you to lead a happier life.



We are here at the practice center to help you get grounded in the *Here and Now* and are committed to working with you to build a

powerful focus and concentration skills to assist you in achieving the things that most matter to you.

At Stillwater we help you develop skills and confidence in creating the life you want, complete with good relationships, a satisfying job or career, and being in the moment.

ACTIVITIES

The activities at Stillwater are designed to connect body, mind and spirit. They all reduce stress and anxiety because they are based on “mindfulness” or the “art of paying attention.” This practice is a natural, joyous expression of self. It is designed to meet you at your own level, with emphasis on balance and noncompetitive interaction with others. We all have the ability to slow down, get centered and regain perspective.

Our instructors have years of experience to help guide you in your practice.

Classes:

Yoga Pilates T'ai Chi Meditation

2 week trial membership— \$50 (try all classes offered)

1 class / week for 3 months— \$130

All-Inclusive Membership for 3 months - \$250

Eligible to attend all classes

6 week special classes available throughout the year

Practice Schedule

Yoga— Tuesday, Thursday and Saturday 10 am
Monday through Thursday 6:30 pm

T'ai Chi— Tuesday & Saturday 10 am
Tuesday & Thursday 6:30 pm

Qigong Exercises/ Mindful Movements/ T'ai chi —
Monday & Wednesday 6:30 pm

Mindful Zen Ceremony—Sunday 9-10 am (chanting 15 min, walking meditation 10 min, silent meditation 30 min)

Reiki, Massage Therapy, Reflexology & Chinese Herbal Therapy and Nutrition Counseling by Appointment

Stillwater: A Place to Practice



T'ai Chi

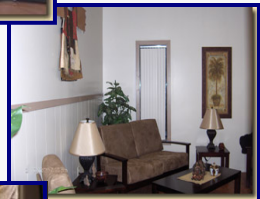
Mindful Movements



Yoga



Meditation



Counseling



Massage Therapy



Reiki



Nutrition



Reflexology