

## 2020 RI Library Meditation Programs- Dr. Alan Post

The exceptional health benefits of meditation for our body, mind, and spirit have been well documented. Join Dr. Alan Post contributing author to Rajinder Singh's landmark book "*Meditation as Medication for the Soul*" (published in five languages) for these experiential meditation classes. This is an opportunity to learn an ancient meditation practice that can enable one to still the mind. Going within through meditation and connecting to our true self has been the eternal message of all the prophets, teachers, mystics, and Masters of our Earth's sacred traditions. To experience and awaken to the Inner Light hidden deep within ourselves is the ultimate next step for everyone on life's journey.

### All Programs are free~

**"Awakening to the Light Within"** This monthly class includes instructions, meditation time, and discussion. It is held @ Santosha Yoga & Health Center, 275 Reservoir Ave., Providence, RI For Info and to register/confirm classes call: 780- 9809. 1<sup>st</sup> Sat month 12:00 noon – 1:00 pm

**Saturday January 11th @ 2:00pm:** "Meditation for Healthy Living" - South Kingstown Public Library/Peace Dale 1057 Kingstown Rd. Peace Dale 789-1555

Wednesday **January 15th @ 6:30pm** "Begin the New Year with Meditation" Tiverton Essex Library 34 Roosevelt Ave. 625-6796

Wednesday **January 29th @ 6:30pm** "Start the New Year with Meditation" Lincoln Public Library 145 Old River Road 333-2422

**Wednesday February 12th 6:00pm** "Meditation and the Near Death Experience: The Universal Connection" Dr. Alan Post Part Newport Public Library 300 Spring Street, Newport 847-8720

**Wednesday February 19th @ 6:30pm** "Meditation the Secret to a Peaceful Life" Maury Loontjens Memorial Library 35 Kingstown Rd Narragansett 789-9507

**Wednesday March 4th @ 6:30pm** "Meditation and the Near Death Experience - Where Science & Spirituality Meet" Langworthy Public Library 24 Spring Street Hope Valley 539-2851

**Wednesday March 18th @ 6:30pm** "Meditation the Secret to a Peaceful Life" North Providence Union Free Library 1810 Mineral Spring Avenue 353-5600

**Wednesday April 22<sup>nd</sup> @ 6:30pm "Meditation Daily for Body, Mind, and Soul"** Westery Library 44 Broad St. Westerly, RI 595-2877

**Wednesday May 6th @ 6:30pm** "Reducing Stress through Meditation" Kingston Free Library  
2605 Kingstown Road Kingston 783-8254

**Saturday May 16th @ 2:00pm** "Reducing Stress through Meditation" Cranston Public Library  
140 Sockanosset Cross Rd 943-9080

**Wednesday June 3rd at 6:30pm** "Maximizing Youthfulness through Meditation" North  
Kingston Free Library 100 Boone St 294-3306

**Wednesday June 24th @ 6:30pm** "Meditation for a Happier You" Maury Loontjens  
Memorial Library 35 Kingstown Rd Narragansett 789-9507

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**Alan R. Post D.C.** graduated with honors from Logan College of Chiropractic in 1982. He has a Bachelor of Science in Human Biology and post graduate certification in acupuncture. In 1993, he was a member of a North American Physician Delegation to China. He is past president of state and regional chiropractic associations. He is a past member of the Advisory Board at the University Bridgeport Chiropractic College.

Dr. Post has instructed physicians for continuing education credentialing and is an integrative medicine program consultant with two active patient care practices in RI. He has received numerous awards for his professional service. Dr. Post has been meditating since 1976 and is a contributing author to the landmark collaborative book: Meditation as Medication for the Soul, by best-selling author Rajinder Singh. In 2014, the book was published in five languages.