

Dr. Post's Meditation Program Schedule 2019

April –Dec 2019

Saturday April 6th @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Wednesday April 10th @ 6:30pm "Meditation for Health Living" Dr. Alan Post Gloucester Manton Free Public Library 1137 Putnam Pike Chepachet, RI 02814 – 401-568-6077 –

Wednesday April 17th @ 6:30pm "Meditation for Health and Wellness" Dr. Alan Post Rogers Free Library 525 Hope Street Bristol RI 02809 – 401-253-6948-

Wednesday April 24th at 6:30pm "Meditation: A Wonderful Addition to a Healthy Lifestyle" Dr. Alan Post Jesse M. Smith Memorial Library Central Library 100 Tinkham Ln, Harrisville, RI 02830 401-710-7800 –

Saturday May 4th @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Wednesday May 8th @ 6:30pm "Meditation for Health and Wellness" Dr. Alan Post North Providence Union Free Library 1810 Mineral Spring Avenue North Providence RI 02904 - 401-353-5600

Wednesday May 22nd 6:30pm "Total Healing the Meditation Prescription" Greenville Library 573 Putnam Pike, Greenville, RI 02828 401-949- 3630

Saturday June 1st @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Wednesday June 5th @ 6:30pm "Meditation for Brain Health" Dr. Alan Post Tiverton Essex Library 34 Roosevelt Ave. in Tiverton RI 02878 401-625-6796

Wednesday June 12th 6:30pm "Meditation for Brain Health" Dr. Alan Post Lincoln Public Library 145 Old River Road Lincoln, RI 02865 401-333-2422

Saturday June 15th 2:00pm "Meditation and the Near Death Experience: The Universal Connection". Dr. Alan Post South Kingstown Public Library/Peace Dale 1057 Kingstown Rd. Peace Dale RI 02879 401-789-1555

Saturday July 6th @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Saturday August 3rd @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Saturday September 1st @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Wednesday September 11th at 6:30pm "Maximizing Youthfulness Through Meditation" Dr. Alan Post Jesse M. Smith Memorial Library Central Library 100 Tinkham Ln, Harrisville, RI 02830 401-710-7800 –

Saturday September 21st at 1:30pm "Meditation for Healthy Living" Dr Alan Post Island Free Library 9 Dodge St, New Shoreham, RI 02807 - 401-466-3233-

Wednesday September 25th @ 6:30pm "Meditation for Health and Wellness" Dr. Alan Post Maury Loontjens Memorial Library 35 Kingstown Rd Narragansett, RI 02882 401-789-9507

Saturday October 5th @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Wednesday October 2nd 6:30pm "Meditation: A Wonderful Addition to a Healthy Lifestyle" Dr. Alan Post – Louttit Library 274 Victory Hwy, West Greenwich, RI 02817 (401) 397-3434 –

Wednesday October 9th @ 6:30pm "Meditation as Medication a Doctor's Perspective" Dr. Alan Post Rogers Free Library 525 Hope Street Bristol RI 02809 – 401-253-6948-

Wednesday October 16th at 7pm "Meditation and the Near Death Experience: The Universal Connection" Dr. Alan Post Coventry Public Library 1672 Flat River Road 822-9104

Wednesday October 30th 6:30pm "Meditation: A Wonderful Addition to a Healthy Lifestyle" Dr. Alan Post - Kingston Free Library 2605 Kingstown Road Kingston, RI 02881 401-783-8254 –

Saturday November 2nd @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

Wednesday, November 13th @ 6:30 pm "Meditation: The Basics & Beyond" Alan Post Cumberland Public Library 1464 Diamond Hill Road Cumberland, RI 02864 – (401) 333-2552

Wednesday November 20th at 6:30pm -"Bring the Joys to the Holiday Season Through Meditation" Dr. Alan Post Westerly Public Library & Wilcox Park 44 Broad St. Westerly, RI 02891 401-596-2877

Saturday December 7th @ 12:00pm "Awakening to the Light Within" Santosha Yoga & Holistic Health, 275 Reservoir Ave., Providence 780-9809

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 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 has contributed a chapter to the landmark collaborative work titled: Meditation as Medication for the Soul, by best-selling author Rajinder Singh. In 2014, the book was published in five languages.