



*New Year, New You:
An introduction to
meditation and
mindful living*

MARK VAN BUREN

AUTHOR AND MEDITATION INSTRUCTOR
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Struggling with stress, pain, or anxiety? Learn how to accept obstacles and embrace inner peace at this introduction to meditation and mindful living led by local meditation guru Mark Van Buren.

Owner of Live Free Yoga Studio in River Edge and author of one of Amazon.com's top-selling books on meditation, Mark has a bachelor's degree in religious studies. He has practiced meditation and mindfulness for more than five years at Dharma Drum Retreat Center in New York.

Although he explains that he is nowhere near "enlightened," Mark's willingness to embrace all aspects of life with patience, gentleness, and humor is an inspiration to his students.

Kick off the New Year by attending this free drop-in program. Learn about meditation and mindful living, and discover how the path to a "new" you in 2015 begins with accepting your life – just as it is – and facing your challenges with honesty and compassion.