



JUST MEDITATE NOW OPEN IN BETHESDA
A Meditation and Wellness Studio Fit for Everyone

WASHINGTON, DC --- With the rise of meditation's popularity and proven benefits, you would think there would be meditation studios on every corner. But there aren't, and finding one place with multiple, convenient classes didn't exist. That's precisely why Amy Thaler founded **Just Meditate**, a meditation studio to relieve stress, bolster health, and settle the mind. Located in Bethesda, MD, **Just Meditate** strips away the esoteric culture and religious undertones, making it attractive to the masses by offering drop in, secular classes throughout the day, 7 days a week.

"As a single parent and native Washingtonian, I've seen and experienced the stress of this city! While the meditation apps are nice, I wanted a place away from my home, with the energy of other people and a teacher I could talk with," said Thaler. She wanted a way for people to check "life" at the door and bring more mindfulness into their daily lives. **Just Meditate** offers customized 30 and 45 minute meditation classes as well as private sessions, all taught by meditation experts and innovators. Classes incorporate ancient meditation practices but are delivered in secular manner, and are guided so new and experienced students can ease into their practice.

"We want to introduce people to meditation that wouldn't ordinarily try a meditation class because of the usual overt spirituality of the experience," said Patricia Ullman, **Just Meditate's** Senior Instructor. "Meditation has proven benefits such as improving happiness, creativity, and memory; reduces high blood pressure, pain, stress, and anxiety. We want to share those benefits with our community."

There are eight different types of classes such as "Just Meditate" (the 45 minute signature class), "Just Breathe" (focused on deep breathing), "Just Love" (focused on loving kindness, compassion, and acceptance), and "Just Enough," an abbreviated signature class (only 30 minutes) making it easier for people to squeeze in time for their well-being. Classes are designed for each theme and are led by instructors with vast experience.

Just Meditate opened the doors to its first studio on Monday November 21, 2016. The studio is based at 4928 St. Elmo Avenue, centrally located near the Bethesda Metro Station and Bethesda Row, in the Woodmont Triangle area of Bethesda, Maryland. For more information on **Just Meditate** please visit <http://www.justmeditate.studio>. **Just Meditate offers all new students their first class for free.** To learn more about **Just Meditate** please contact Erika Paola Gutierrez at erika@epgPR.com or Victoria Michael at VictoriamichaelPR@gmail.com.