



FOR IMMEDIATE RELEASE: February 7, 2012
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SFCC's Wellness Center Hosts Free Meditation Workshop

1 to 3 p.m., Saturday, February 25 at the William C. Witter Fitness Center

SANTA FE, NM – Seekers of greater stability and centeredness are invited to attend a free meditation workshop at Santa Fe Community College on Saturday, February 25.

Virginio DeAngelis will lead a two-hour workshop on Integrated Amrita Meditation (IAM), a technique developed by Sri Mata Amritanandamayi Devi, a world-renowned humanitarian and spiritual master known as Amma or the Hugging Saint.

The workshop is from 1 to 3 p.m. on Saturday, Feb. 25 at the William C. Witter Fitness Center at Santa Fe Community College, 6401 Richards Ave. in Santa Fe. Anyone 18 or older is welcome to attend. The event is free and sponsored by SFCC's Wellness Center.

To register for the workshop, call 428-1291.

CALENDAR LISTING: Free meditation workshop: 1-3 p.m., Sat., Feb. 25. Santa Fe Community College Witter Fitness Center. Integrated Amrita Meditation (IAM), led by Virginio DeAngelis. Free. Must be 18 or older to attend. Register at 428-1291. www.sfcc.edu

***About Santa Fe Community College:** For more than 28 years, Santa Fe Community College has been the gateway to success for individuals and the community by providing affordable, high quality educational programs that serve the social, cultural, technological and economic needs of a diverse community. The college serves more than 15,000 students per year in its credit, noncredit and adult basic education programs. For further information, visit www.sfcc.edu or call (505) 428-1000. Follow us: [SFCC on Facebook](#), [SFCC on Twitter](#).*

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