

A QUIETER PLACE

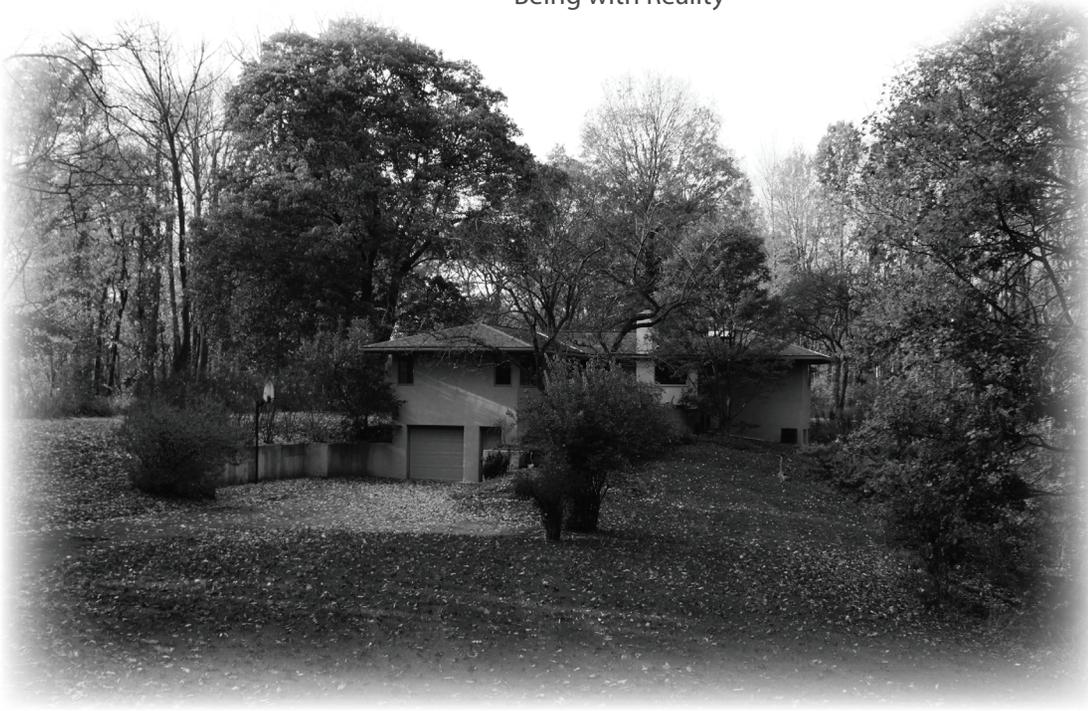
Practical Meditation for Living Your Life



Providing a retreat-like setting for practical meditation and compassionate self-discovery

A Quieter Place, formerly Healing with Awareness, provides a retreat-like, and calm setting for practical meditation and open, compassionate self-discovery. For centuries, meditation has been used to relieve stress in everyday life. Informative and experiential, a regular meditation practice helps us find balance in our often chaotic, confusing, and busy lives.

- Meditation Helps With
- Everyday stress and stress-related illness
 - Frustrations in relationships
 - Parenting
 - Loss, through death, divorce, or work
 - Chronic pain
 - Loneliness
 - After, or along with, psychotherapy
 - Being with Reality



Contact us today to learn about our classes and meditation sessions

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Padme Livingstone, Director

Padme Nina Livingstone is the Director of A Quieter Place: Practical Meditation for Living Your Life. She has a B.S. in Human Services and extensive experience with awareness meditation, self-inquiry, parenting, relationship skills, energy work, caregiving, and bereavement. Padme was the Meditation Teacher and Qi Gong Therapist at Equipose, a complementary health center in Rochester, NY, for two years. She is the meditation teacher for Palliative Care at Strong Memorial Hospital, as well as a Hospice Chaplain, practicing primarily with family and friends.



As a meditation teacher and author, Padme has spent much of her life untangling her own confusion, while finding balance around her physical, mental, emotional and spiritual life. After more than 36 years of meditation and self-inquiry, and over 18 years of energy healing work, Padme discusses meditation, relationships, and energy healing using accessible, practical language with people who want to feel less stress, and enjoy more peace, clarity, compassion, curiosity, honesty, and gratitude.