

Instructional CD Order Form

Guided Meditations by Carey are now available! You may order a copy of the instructional CD that Carey uses in her Mindfulness-Based Stress Reduction classes. The CD contains both a 30 minute guided body scan and a 30 minute series of guided sitting meditations.

Please send orders, including check for the total amount to:
Carey Chilton Charyk
3103 South High Drive
Spokane, WA 99203

\$15.00 for each CD (tax and postage included).

Number of CD's _____

Total amount: _____

These guided meditations may also be purchased at the weekly Wednesday Meditation Hour at the Providence Center for Faith and Healing for a discounted rate of \$10.