

Learn to Meditate

Join us for a powerful 2-hour introductory talk and guided meditation to learn the purpose of meditation and how it can help you in your daily life!

You will be taught the powerful "Meditation on Twin Hearts" to calm your emotions and experience inner peace and a sense of divine connection.

Benefits of Meditating

- * *Inner Peace and Joy*
- * *Heightened Intuition*
- * *Greater ability to handle stress*
- * *Energy and Inner Strength*
- * *To Know your Self !*

When and Where

GARDEN YOGA

140 N. La Grange rd. #17

LA GRANGE, IL, 60525

FRIDAY JUNE 9TH 2017 FROM 7PM-9PM

Contact: Eva 630 209 3267

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*" By practicing Stillness,
one becomes aware of
the Divine Presence..
within one's Self "*

GrandMaster Choa Kok Sui

Visit Us Online: pranichealing.com/meditation