

UNPLUG~ UNWIND~ DE-STRESS

CALM THE MIND~ LET GO OF THAT PERSON, PLACE, THING,
EVENT THAT TROUBLES YOU~ FIND PEACE FOR 90 MINUTES.



HEALING MEDITATION WORKSHOP FOR WOMEN

DANIELA ISFAN, M.D. WILL DISCUSS SCIENCE BEHIND THE HEALING POWER OF
CONNECTING WITH THE HEART & MEDITATION

& MEDITATION INSTRUCTION BY VANESSA GUILD~ GO TO VANESSAGUILD.COM

TEACH SIMPLE TOOLS TO USE THROUGHOUT BUSY DAY FOR FOCUS

BEGINNERS WELCOME~ SIMPLE TECHNIQUES, EASY TO LEARN

CENTERING, WALKING & SITTING MEDITATION

MEDITATION REDUCES ANXIETY & STRESS

DALLAS MEDITATION CENTER

SATURDAY~ FEBRUARY 23, 2013~ 5:00PM-6:30PM~ \$30

727 SOUTH FLOYD ROAD- JUST N. OF SPRING VALLEY OFF OF 75 HWY

214-815-0146