

Exercises for YOUR Body, Mind and Soul

Get Out Of Your Comfort Zone & Into Optimal Health & Wellness



As seen in: Forbes, Shape, Los Angeles, Huffington Post, & Healing Spa magazine.

*Grounds for Life
With Dennis Grounds*

September 27, 2013

7:30—9 PM

Dallas Meditation Center

- Break through your limitations
- Tap into your infinite possibilities
- Experience your true joy
- Find how to easily create success
- Manifest your abundance
- Experience a transformational and logical approach to body, mind and soul

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