

# DEEP RELAXATION AND TOUCHING THE EARTH



Please join us for a beautiful and gentle practice to help you come to peace in the present moment, releasing worry, anger and fear in the body while opening to compassion. In a state of deep relaxation, we will connect with the earth, our physical ancestors and our spiritual ancestors through a ritual called “touching the earth”.

Wear comfortable clothes. We have mats and blankets but feel free to bring your own if you prefer.

Facilitated by Cornell Kinderknecht and Bobbie Perkins.

*Suggested donation: \$25*

**Saturday, December 29, 2018**

**2:00 – 4:00 PM**

Dallas Meditation Center

810 W. Arapaho Rd., Suite 98

Richardson, TX 75080

**[www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com)**