

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 21, 2019

2:00 – 4:00 PM

Dallas Meditation Center

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www.DallasMeditationCenter.com