



Are you looking to have a greater sense of peace in your life?
Are you curious and interested to learn how meditation can help you achieve this?

An Introduction to Meditation Workshop

with Jeannie O'Connor

Saturday, January 20th, 2018 2-4pm



This two hour workshop will introduce you to meditation by bringing awareness to the following:

Defining meditation	Types of meditation	Practicing a meditation
The benefits of meditation	Instruction on how to meditate	Obstacles in meditation

Please register through your Mind Body Online account
or
by e-mailing yogaphénix@gmail.com

Your Investment  \$25.00

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