

# MEDITATION MADE EASY

## Find What You Have Been Looking For: Inside



**Three Wednesdays 9:00 - 11:00 am**  
**October 5, 12 & 19**

~ **For new and experienced meditators** ~

- On day one, learn to meditate in a new way and learn new skills each week after
- Instead of watching your mind, get deeper within your own Divine Essence
- Meditate with your teacher (Phil) — exploring within gets really easy
- Receive coaching and answers to questions
- Develop a regular and rewarding daily practice
- Already meditating? Give your practice a jumpstart and go deeper
- Enjoy the many benefits of meditation for the rest of your life

\$90 onsite /\$75 online /Repeaters take 10% off ~ Contact us to register



### **Taught by Phil (Krishna) Milgrom, CSYT**

A certified meditation teacher, Phil has studied with the founder of this practice since 1997, Swami Nirmalananda, a meditation master. He teaches with compassion, humor and inspiration. He makes ancient wisdom accessible for dealing with the stress of modern life.

**THE CENTERED PLACE YOGA STUDIO**  
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