

MEDITATION MADE EASY

Find What You Have Been Looking For



**Saturday 1:30 - 3:30 pm,
October 23, 30 & November 6**

~ **For new and experienced meditators** ~

- Learn to meditate in a new way on day one, and learn new skills each week after
- Develop a regular and rewarding daily practice
- Receive coaching and answers to questions
- Already meditating? Give your practice a jumpstart and go deeper

"This was life changing. I have been searching for something to make my life more centered, balanced and calm. Meditation is the answer." ~ S. Peterson

\$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, a meditation master, since 1997. He teaches with compassion, humor and inspiration. He makes ancient wisdom accessible for dealing with the stress of modern life.

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