

Release the Mind. Surrender. Live in Bliss.

Meditation

Overcome stress and negative thinking. Find balance and inner peace. Remove energy blockages to open up and flow with life. Use this calm atmosphere to breathe, relax and be. Meditation techniques that allow you to release old patterns and compulsive thinking. Bring this new freedom of mind into your everyday life. With easy-to-follow instructions, meditation becomes a joyful journey.



Workshop Details:

Local Locations
or Online Teleseminar



Show your Student I.D.
& receive a 20% discount

Group Meditation: \$10
Individual Sessions: \$60/hr.

Facilitator: Maggie Anderson
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