

Saturday Synergy

An Invitation to Meditation Immersion



9am to 12:30pm February 9, 2019

Meditation the path to stillness and the journey to peace begins with the journey inward allowing the cares of the world to drop away. In stillness we find clarity and deep rest for the body and mind as Spirit connection brings new awareness of our true nature.

- Learn the physical and emotional benefits of a meditation practice
- Practice energetic chakra alignment that can be used as a daily practice
- Explore shamans' breathing exercises to cleanse and energize the energy field
- Experience the breath that will calm and center you for sleep

Location: 7519 Weiss St, Frankenmuth, MI 48734

Cost: \$30

Contact: Registration limited to 18 participants, contact Bev Cook by phone or text 989-255-5931. Lunch of baked potatoes, chili, and toppings provided following meditation practices.