



“THE ART OF MEDITATION “

Sponsored by: **SAMUEL LYNNE GALLERIES**

WEDNESDAY Series : JULY 13TH, 20TH, 27TH, August 3rd @ 7PM- 8:30 PM

6:30 – 7 PM arrival and Tea 7-8:30 Meditation Workshop

Stop by any (or all) of the next Wednesdays & Learn to Meditate!

These workshops are open to the public and are intended to help you reduce stress, improve memory, cardiovascular health, total brain functionality and keep a mind-body balance! Bring a friend or your spouse

Experience various meditation techniques through step-by-step guidance!

Tibetan Meditation, Zen, Contemplative, Astral, Healing

All welcome! \$10 drop-in

Erika Ramelli | 214 680 2948 | erika@betterhumans.net | betterhumans.net