

Meditation Demystified

A Beginner's Survey of Techniques and Practices



May 3, 2008

10:00 am to 4:00 pm

Napa Valley Center for
Spiritual Living

1249 Coombs, Napa, CA
707-252-4847

In this workshop you will:

- Explore various forms of meditation, finding the style that suits you best
- Learn the physical and mental benefits of a regular meditation practice
- Experience the increased focus, awareness and relaxation as a result of meditating!

Meditation benefits everyone and is easy to learn and practice!

Facilitated by Matthew Heim, PhD and Kristina Heim, RScP

For more information call 707-337-3192 or go to
www.visionarypartnership.com and click on "workshops and events"

Cost is \$40.00 (Sliding Scale Available)