

Meditation Healing Circle

“Finding Wholeness”

Mondays at 6:30 pm,
March 1st – April 5, 2010

6 week series \$90

Learn how to shift your consciousness to manage depression, stress, anxiety and other issues through meditation. This is an introduction for new meditators as well as a helpful review to those already practicing, as it provides new insights and in-roads to self-discovery. A gradual progression toward effective and safe methods for your individual purposes will be explored and experienced. The material of this class is taken from an ancient Buddhist practice to develop conscious awareness.

MEDITATION HAS BEEN KNOWN TO :

Reduce stress

Alleviate depression and anxiety

Increase awareness

Enhance personal growth

Increase ability to focus

Assist in finding inner peace

Enhance immune function

Pre-registration is required by calling and sending a non-refundable deposit of \$50 by February 26th.

Linda Preston, LMT, Kabbalistic Healer and Reiki Master has been practicing and studying the Healing Arts for over 25 years. Her own spiritual journey has aided her in developing a strength and clarity which she shares with others in her healing practices and through her teaching.



11 Route 28
Dennisport, Ma. 02639

508-760-5667

www.capecodbodyandsoul.com