



Details

St. Michael, Two Mile Hill

visit www.onlineseeker.net for details:

Meditation For Successful Health

20 Reasons to Join Us

- 1.Reduce frustration
- 2.Reduce depression
- 3.Reduce confusion
- 4.Reduce impatient
- 5.Reduce anxiety
- 6.Reduce stress
- 7.Reduce anger
- 8.Improve sleep
- 9.Improve focus
- 10.Improve energy
- 11.Improve memory
- 12.Improve success
- 13.Improve attitude
- 14.Improve awareness
- 15.Improve concentration
- 16.Slows heart rate
- 17.Lowers blood pressure
- 18.Encourages a healthy lifestyle
- 19.Extends your life & slows aging
- 20.Prevents heart disease & stroke






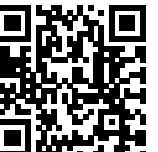

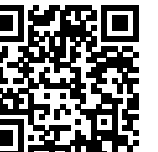




Meditation & Success class
 Carlton House Two Mile Hill St.M.
 Cost: \$25, eBooks & refreshments provided.
 BRAND Event (Build Rewards And Network Development)
 437-3783 850-9965



OSBC

Relax, Renew & Regenerate

The goal of meditation is to focus and quiet your mind—eventually reaching a higher level of health and inner calm. Meditation is an ancient practice, but scientists are still discovering all of its benefits. Neurologists have found that regular meditation actually changes your brain in ways that can help you to control emotions, enhance concentration, decrease stress, and even become more connected to those around you. It may seem challenging at first, but by learning the basics of meditation, you can begin your journey on the path of success and bliss. With practice, you’ll be able to achieve a sense of tranquility and peace no matter what’s going on around you. Come meditate with us refreshments provided in our sessions joint meditation.

									
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