

Meditation Will Change Your Life!

Meditation Workshop

2 Sessions: Monday February 15 & Monday February 22 1:00–3:00

Or

Saturday February 20 & Saturday February 27 1:00–3:00

Presented by: Thunder Mountain Lenape Nation

Session 1 Includes: Myths & stumbling blocks to mediation

Meditations

Practical application

Creating a journal

Refreshments

Session 2 includes: Documenting change

Focusing

Meditations

Setting a plan

Using the journal

Refreshments

Location: 1200 Nowrytown Rd Saltsburg, PA 15681

Pre-registration necessary

For more information contact Pat Selinger 724-639-3488

thundermtlenapenation@hotmail.com

www.thundermtlenape.org

Fee: \$35 (includes both sessions)

Make check payable to: Thunder Mountain Lenape

Mail to: 236 Skyline Drive, Saltsburg PA 15681

You will receive a confirmation and questionnaire to be returned prior to the first session.

Space is limited