



Meditation: It's Not What You Think

A Workshop to benefit Brandie Sellers at Yoga Balance

If you think you can't meditate,
and emptying your mind is difficult (or boring...)
you just need a different approach!

Join Tashi Nyima at Yoga Balance Studio
April 30th, 11am - 1:00pm

Three Gates Meditation

A guided approach that utilizes body, energy,
and mind to cultivate deep peace and clarity.

No previous experience necessary.

\$25 Suggested Donation

**100% of proceeds from the workshop
will benefit Brandie Seller's Healing Fund.**



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