

Meditation Secrets

for Deep Inner Explorations: Love Your Body and Thrive in Life

with Jenn Andrews

In this workshop, we will discuss some of the meditation secrets that invite us to cherish the deep explorations of the inner realm. We will explore how that translates into our ability to love and accept our body, and our ability to thrive in life and really live it up.

These practices are life affirming, deeply connected to our unique essence with the intimacy of life, and honor our individuality and uniqueness.

Saturday, September 21st

9am-Noon & 1:30-4:30

116 E 7th St, #4

\$99 in advance, \$108 day of workshop

Register: carsoncityyoga.com/meditation-secrets

Questions? Contact: Jenn Andrews 775-530-8935

"There is a Mandala of Secrets and a Shout of Joy waiting to unfold in the heart, revealing the beautiful and deep journey to our true Self." – Jenn Andrews

