

JOIN US DECEMBER 6-8

# THE GIFTS OF MEDITATION

A Weekend Workshop with Jenn Andrews

Explore ways to access a healthy and personal practice that supports your unique life.

Dive in and discover the wonder and awe of your individual pathways into meditation and create a foundation of skills for your own personal practice.

Meditation is easier than you think!

at Carson City Yoga - 116 E 7th St #4  
Friday 6-8pm, Sat and Sun 9a-4:30p  
Early Bird Rate \$235 through 11/17  
Standard Rate \$250 after 11/17

More Info and Registration:  
[carsoncityyoga.com/meditation-secrets](http://carsoncityyoga.com/meditation-secrets)  
or contact Jenn at 775-530-8935

