

# Midweek Meditation

with Jenn Andrews

8 Week Series ~ Begins Jan 22

Dive in to the wonder and awe of your unique self, discover your individual pathway into meditation, and create a foundation of skills for your own personal meditation practice. Jenn Andrews teaches this instinctual approach to meditation, which is tender, inviting to the soul, and profoundly comprehensive.

Meditation is easier than you think!

*"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*

**Radiance Pranava Meditation**

**Wednesdays, 3:30-5pm**

**January 22 - March 11th**

**Location: 116 E 7th St, #4**

**By Donation, Drop Ins Welcome!**

**Questions? Contact:**

**Jenn Andrews 775-530-8935**

