

MEDITATION

for Transformation



*An Easy & Effective, Simple & Sustainable
Meditation Practice for Reducing Stress, Improving Health,
Stimulating Creativity & Cultivating Inner Peace!*

- *Breath Work*
- *Deep Relaxation*
- *Meditation Techniques*
- *Practice, Practice, Practice!*



Weekly Ongoing Class

\$15 per class

WEDNESDAY 10 – 11:30am

To register for class call Lynnea Honn at

209-304-6174

SOPHIA'S WELL

270A Hanford Street ~ Sutter Creek, CA

(Across from Days Inn)

209-418-9003

www.sophiaswell.org

