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## MEDITATION: NO PREVIOUS EXPERIENCE REQUIRED

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**Learn** several ways to meditate

**Choose** what works for you

**Integrate** meditation easily into your daily life

Meditation is simple...requires practice. Just about anyone can learn to meditate. Just about any experience can become a meditative one. Join me and learn how to use meditation to relax, revitalize and change your life.

**September 22, 29, October 6, 13 6:15 to 7:30pm**

**Workshop limited to 7 people\* Cost \$120**

\*Minimum of 5 people required

**RSVP: PRE-PAYMENT REQUIRED BY SEP 10th**

To register or for more information:

**Victoria Sciarra, MFT: 562. 420. 3002**

[vsciarramft@yahoo.com](mailto:vsciarramft@yahoo.com) and [www.victoriasciarra.com](http://www.victoriasciarra.com)

**4182 VIKING WAY, SUITE 204, LONG BEACH, CA 90808**

**Mail check to: Victoria Sciarra 4182 Viking Way, St 204 Long Beach, CA 90808**



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name

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address

city

zip code

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phone:

day

evening

email

(A portion of the proceeds from this workshop series are donated to charity.)