



## AN INTRODUCTION TO HEART MEDITATION

If light is in your heart, you will find your way home.  
Rumi

- Learn a simple yet profound meditation that can transform your health
- Experience how *Heart Meditation* can purify and balance your emotions
- Notice the quieting of your mind when influenced by coherence of your heart
  - Shift from linear time to a timeless realm of peace and stillness
  - Discover secrets in your heart known by mystics throughout the ages
    - Purify your heart to reveal the Light within

This class is designed for beginners and advanced meditators alike

SATURDAY JANUARY 18<sup>TH</sup>  
10:30AM - 11:45AM  
\$25



PURITY HEALING AND WELLNESS CENTER  
N3219 CO TRUNK H  
LAKE GENEVA, WISCONSIN 53147



CARLA GORSKY CMT  
847-363 8842

[CARLA@THEPEACEFULHEART.COM](mailto:CARLA@THEPEACEFULHEART.COM)

SPACE LIMITED, PLEASE RSVP BY 1/11 TO HOLD YOUR SPACE