

YOU'RE INVITED TO AN AMAZING PROGRAM
Beginning in early November 2018

Meditation: A Path to Emotional Freedom

Powerful 6-Session Meditation Group and
Transformational Change Experience

led by Joan Stenzler, LCSW, SEP



Two Sundays a month from 10:30 am -12:00 pm

Sessions: Nov 4, 11, Dec 2, 16 & Jan 13 and 27, 2019

at Fresh Meadows Wellness Center

184-17 Union Turnpike, Fresh Meadows, NY 11366

Six simply remarkable 90 minute sessions

- ✓ Integrate a mindful approach to exploring and resolving problems
- ✓ Discover ways to improve your focus, attention, ability to concentrate
- ✓ Learn amazing secrets for a successful, consistent meditation practice
- ✓ Witness your experience and learn to effectively change your mind
- ✓ Share your insights and receive powerful individual and group support

(Group confidentiality is required to participate)

REGULAR FEE: \$ 375, Register by 10/21 and SAVE \$ 80

Pay just \$ 295 for 9 hours of class instruction plus:

Pre and post program tips and contemplations. Six experiential program sessions, and exclusive meditations designed for practice at home

TO REGISTER AND SAVE \$ 80, register online using PayPal at:

<https://www.youramazingjourney.com/meditation>

FMI: Contact Joan at 516-522-0573 or info@youramazingjourney.com