

Towards a Deeper Meditation Workshop

by Maira Moss

Saturday, October 18, 2008

7:00 pm – 8:00 pm

Namaste Yoga Center: 4893 Voltaire Street, Ste B, SD.92107

*Rejuvenate the body, illuminate the mind, and experience
the spirit*

*Meditation attracts the right opportunities and relationships
for a happier, more fulfilling life.*

\$15.00 per person

With over ten years of experience in fields as diverse as Meditation practices, Spiritualism, Native American Studies, Kaballah, Indigo Healing, Soul Memory Discovery, and Psychology, Maira Moss ("Myeeda") uses numerous meditation and visualization techniques from ancient times to modern days. Once learned, meditation is a tool that will always be available to you. Like having a tour guide while traveling in a foreign country, a guided meditation takes you on an inner journey. But this tour allows you to see and experience your own inner world, a place that truly only exists within you. The scenes created in your mind's eye can be revisited at anytime. Once you have seen the fascinating landscape of your own inner terrain, there will always be more to explore.



*For additional information please visit Maira at www.mysacredfeathers.com
or simply call (858) 775-8478*