

HAPPY, HEALTHY, WHOLE!

*"I AM Happy, Healthy, Whole
in Body, Mind and Soul!"*

7-Week Monday Evening Class
starting February 3, 2014
7:30-9:30 pm



Facilitated by Brother ChiSing & other holistic guest presenters @ DALLAS MEDITATION CENTER

Each class will include meditation, mindful movement, health support on spiritual, emotional, mental and physical levels, book study, holistic teachings/practices, question & answer, discussion, heart-sharing and more.

To participate, you must attend all or most of the 7 Mondays, especially the first and last classes on February 3rd and March 17th (if you need to miss any of the other Mondays, please arrange with the facilitator).

* *Suggested Donation for this 7-week series: \$100-\$200 (includes book, CD, mala, a personalized spiritual consultation session, and weekly phone or email check-ins)*

Please register online by February 3rd at: **www.AwakeningHeart.org**