

Weekend Meditation Course

Give Yourself This Gift...

Meditation * Fun
Delicious Vegetarian Food
Peace * Connection * Yoga
Beautiful Surroundings



July 16-18

(Fri. 7-10pm, Sat. & Sun 10am-5pm)

Learn a powerful meditation technique called Ascension. It is the **ultimate** tool for stress reduction.

Over the weekend, you will experience how wonderful it feels when you relax your body and your mind. Connect with other like-minded people and have fun together as you explore the peace and joy within. Also enjoy the beautiful space at Love to Live Yoga Studio.

This is a tool you can use for the rest of your life!

Price: \$444 or pay only \$397 when you **register before July 7th**

Location: Love to Live Yoga Studio, London

To register and for more information contact

Happy Monks: 519-495-2634

info@thehappymonks.com

www.thehappymonks.com



Benefits of this course:

- * Reduced Stress
- * Greater Peace of Mind
- * Better Sleep Patterns
- * Improved Focus & Clarity

