

LEARN TO RELAX & MEDITATE

with



heartfulness

SAHAJ MARG MEDITATION

purity weaves destiny

Free!

SATURDAYS

May 13 – Sep 16

**Rhodes Jordan Park
Community Recreation Center**
100 East Crogan Street, Lawrenceville

10:00am – 11:00am

Certified instructors will lead a series of relaxation techniques, helping you develop clarity of mind, self-confidence, empathy, awareness & focus.

*Classes will not be held on:
6/24, 7/11, 7/22 & 8/26*



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