

# Meditation for people who stink at Meditating!

with Victoria Haffer M.S.



**Want to begin a  
meditation practice  
but don't know where  
to start?**

Join Victoria for this powerful  
workshop in creating a  
personalized meditation practice  
that will guide you to true peace  
and clarity in every day life.

**When: Saturday, April 13th**

**Time: 12:00 - 2:30 pm**

**Investment: \$55 USD,**

**\$44 through April 1st**

**Location: My Yoga - South Durham**

## We will practice various styles & traditions:

Mantra - Guided - Forgiveness - Vipassana - Walking - Qigong

**About Victoria - Masters of Science - Intuitive Healer for people &  
animals, Trauma Support Specialist, Yoga/Meditation Teacher,  
REIKI Master/Teacher, Access Consciousness BARS Practitioner,  
Equine Facilitated Coach, International Wellness Expert**

**To register: [MyYogaNC.com](http://MyYogaNC.com)**

For questions: [Transform@VictoriaHaffer.com](mailto:Transform@VictoriaHaffer.com)

**[www.VictoriaHaffer.com](http://www.VictoriaHaffer.com)**

