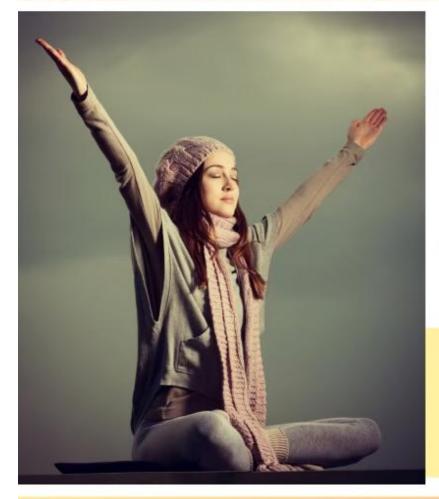
Meditation for people who stink at Meditating!

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

For questions: Transform@VictoriaHaffer.com

www.VictoriaHaffer.com

