



Victoria Sciarra, M.F.T.

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Live with clarity in your mind, energy in your body and love in your heart.

MEDITATION: EXPERIENCING SILENCE

TUESDAY, MARCH 9, 16, 23 AND 30th

7:15-8:30 PM COST \$120

(A portion of the proceeds from this workshop series are donated to charity.)

In this workshop, the word meditation is generic, meaning any form of practicing “silence.” If you have noticed a longing to slow down, tune in and calm down this 4 week meditation series offers just that opportunity. Please bring a journal or notepad with you.

- Experience different meditation styles each week
- Expand your inner awareness
- Explore silence with curiosity, questioning and intention

Workshop limited to 6 people. Minimum of 5 people required. Payment in full is required by March 1st.

If workshop is cancelled your fee will be refunded in full.

TO REGISTER OR FOR MORE INFORMATION CONTACT VICTORIA SCIARRA, MFT 562. 420. 3002

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name

address

city

zip code

phone:

day

evening

email