



For a few hours, embark on an extraordinary journey.

Let go of the past...

Let go of the future ... & turn your attention within.

Relax your body ...

Quiet your mind ...

Go deep inside ... & connect with your inner Self.

Rediscover who you are beyond your name, form, & the many roles you've played throughout your lifetime.

Through meditation, experience the radiant, peaceful presence that resides within.

Through contemplation & insightful discussion, take an in-depth look at the essence of Self, the inner Being.

What are its qualities? **How** do the enlightened masters describe it? **How** can we maintain our connection with inner stillness while living in today's world? This Workshop will show you how!

Treat Your Self! Take time to be with Your Self!
Join us for this Engaging Workshop! Register Today!



Saturday, March 5th 2:00 - 5:00 p.m.

Everyone Welcome Beginner~Advanced Meditators

Yoga 4 Peace 13550 Dix-Toledo Rd., Southgate, 48195

Y4Peace.org (734) 282-9642 (\$35 Donation Requested)



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