

Please join us for this
Transformational Workshop

Prepare for a New Beginning

Sunday, April 17

Palm Sunday

12~2:30pm



Experience the Self

When we awaken to **Self**, our true nature, we realize that who we are is not just a name, form and personal identity. We realize that who we are is something much greater than that.

In this Workshop, take a quiet journey inward ... relax your body, mind and senses.
Go beyond the activity of the mind ... connect with the radiant, peaceful presence within.
Breathe in the fresh air of spring and live life with a new perspective.

Treat your **Self** Take time to be with your **Self**

Includes Insightful Discussion, Present Moment Meditation, Q&A.
Love Offering. Chairs provided. Bring a friend!

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For 35 years, Kathy Bindu Henning has studied Meditation and the Art of Self-Discovery. She is a speaker, teacher and founder of Present Moment Meditation. She released a CD, "Living in the Present Moment: Everyday Tools & Practices." Visit: LivinginthePresentMoment.com