

"A Peaceful Mind is a Precious Gift"



A Present Moment Meditation Workshop Contemplation, Meditation, Transformation

A peaceful mind is the foundation for health & happiness

Learn powerful tools that calm the restless activity of the mind.

Meditation is a direct path to inner peace

Relax, unwind, turn your attention within & enjoy deep, soothing meditations.

Experience a new relationship with your Self

Create a powerful shift...discover a fresh perspective & enjoy a new sense of Self!

Thursday, October 6th, 6:30-9:00 PM



Taylor Yoga

8935 Telegraph Rd., (313) 292-9642

\$25 Space is limited. Register today . . . bring a friend!

Everyone welcome. Chairs provided or bring a meditation cushion.

Perfect for beginning-advanced meditators.

Register @ Taylor Yoga or online w/ Paypal @ www.LivingInThePresentMoment.com



Kathy Bindu Henning is the founder of Present Moment Meditation. For 35 years she has studied Meditation & the Art of Self-Discovery. In 2009 she released a CD, "Living in the Present Moment: Everyday Tools & Practices." Visit: www.LivingInThePresentMoment.com (734) 674-6965