



Find that place inside that is still, silent and steady...
a great way to approach autumn,
the season of change and transition.

In today's fast-paced, high-tech world, it's not easy to find the time or a place where deep, inner silence can be enjoyed.

Yet, even if only experienced for a short while, silence has incredible power. It purifies, heals and restores. It brings mental clarity and peace of mind. It is soothing, calming and rids the body, mind and senses of unwanted stress, anxiety and tension.

A great sage once said, "All answers can be found in silence." In silence, we find guidance, inspiration, clarification and wisdom.

This Present Moment Meditation™ event includes deep, soothing meditations, excerpts from a recorded talk on the topic of silence by a world-renowned meditation master, and more.

Saturday, September 24, 9:30 - 11:45 a.m.

15218 Farmington Rd., Livonia
(Livonia Senior Center, a beautiful spacious facility)
SE corner of 5 mile & Farmington Rd.

\$20 *Pre-registration required* *Space is limited.*

Register thru Paypal @ www.LivinginthePresentMoment.com
or call (734) 674-6965. Email: kbhenning@myexcel.com

Presented by Kathy Bindu Henning