

Low Energy?



Always on the go?



Can't sleep?



Try

'Heart Based Meditation' To Manage Your Stress

Easy to do,
no discipline
required
"Just sit back in
your favorite
armchair and I
will guide you
through it."



Heart Based
meditation is easy
to do and no
experience is
necessary. It is an
energizing practice
done in the
comfort of your
favorite armchair
and only takes 20
minutes to do.

ONLINE SEMINAR

Includes 3 one-hour sessions

Where: Online

When: Starting first Tuesday of every month 7:00-8:00 PM

Registration: info@lynnwachman.com / 514-516-4092

Cost: A complimentary gift

For more information: www.lynnwachman.com



Presented by : Lynn Wachman BSc.N
Ayurvedic Wellness Practitioner
Certified Hatha Yoga Instructor/ Stress Management and Wellness Coach

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