



Meditations 2GO

Meditations that go with you

Monday Night Meditation

... hosted by Meditations2Go.com



Dates: Mondays (ongoing) **Time:** 7:30pm – 8:45pm

Place: Akashic Bookshop & Center
1414 E. Thousand Oaks Blvd., Suite 103, Thousand Oaks, CA 91362

Cost: \$10 per class **Info:** Call (805) 495-5824

Please join us on **Monday nights** for a deeply soothing, healing & refreshing experience for your mind, body, & heart.

Meditation is beautiful, healing... and *easy*. If you're curious about meditation or simply looking for a fine and truly nurturing energy in which to meditate, do join us.

Discover your natural ability to release emotional and physical tension, restore your vitality, and find the calm and clarity you need. Leave feeling lighter, more centered, and with a new "reservoir" of peace and strength to carry you through the week.

You'll find the meditation gentle and very easy to follow ... a blend of traditional and *new* meditative techniques tailored to today's challenges and "stresses."

The accent is on relaxing the mind (... which is much easier than you "think"), releasing tension, recharging and rebalancing your vital energy "centers," nurturing the heart, and reconnecting with your own inner guidance, peace, and power.



The meditation is led by Rob Brookler, 27-year meditation teacher & creator of the Meditations2Go® Audio Meditation Collections.

If you're looking for a comfortable, supportive & "light" setting in which to learn meditation or enjoy your ongoing meditation practice, *please do join us!*

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For more information on the type of meditation you'll experience, visit www.Meditations2Go.com. Meditations2Go® Audio Meditation CDs are available at the Akashic Bookshop & Center.