

# **Meditation Sampler**

**A 3-week series (please, no drop-ins)**



**3 Tuesdays: May 6, 13 and 20**

**6:30-7:45pm with Divya**

**Meditation can calm the mind and lead us to a place of stillness, balance, and peace within. So, sit down and feel peaceful. Not so simple?**

**Come explore a wonderful sampling of meditation techniques.**

**We will practice 9 different methods: 3 each week. Then you can discover what feels right for you.**

**Cost: \$60. No charge for Unlimited Members.**

**Location: ReFormation Studio  
33 Las Colinas Lane  
San Jose, CA 95119**

**Phone: 408 284-1300**