

Lisa Catherine Suprenant will host

A Beginner's Meditation Series

with Gayle Franceschetti

Gayle is an acclaimed intuitive counselor, healer and Reiki Master. She holds Masters Degrees in Education and Counseling and is certified in hypnotherapy and past life regression. She is an associate of the Life Mastery Programs and is a teacher in the lineage of Don Miguel Ruiz author of "The Four Agreements".

To be held

4 Tuesday Evenings

June 1st , June 8th, June 22nd, June 29th

6:30pm for tea

7:00pm prompt for class

36 Cheshire Rd~ Wallingford, Ct. 06492

The incessant speed of the modern life leaves many of us in dire need of relaxation from all the stress and complexity that bombard us. ! You will learn basic breathing techniques and we will experience different modalities including guided meditations, chakra meditation, and meditations with sounds and crystals.

Meditation is a phenomenal tool for health!

**These classes will be educational, inspiring, and uplifting.
Space is limited!**

\$ 15.00 per person per class

\$50.00 for all four pre-paid

Registration Is Required

To Register or for more information call:

Lisa Catherine at (203) 213-8355 ~ visit ~ www.onpurposeplace.com

Gayle Franceschetti at (203) 265-2927 ~ visit ~ www.return2love.net

