



Meditation Course for Inner Peace



Experience a "modern meditation" for the modern world.

Learn a simple and effortless meditation technique called Ascension which will allow you to have appreciation for yourself and your life.

This technique can be used with your eyes closed to reduce stress, relax the body/mind and create Inner Peace. It can also be used with your eyes open during your daily activities allowing you to live more in the moment and enjoy all aspects of life.

Mondays: March 15: 7-10pm & March 22: 7-9pm

Price: \$75

Location: Moksha Yoga, 677 Richmond Street

To register or for more information contact:
519-495-2634 info@thehappymonks.com
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