

Heart 2 Heart Creative Healing
Monthly Satsang & Meditation



Mondays at 6:30 PM

and

Saturdays at 11:00 AM

See Website for Details.

Join Dr. Joanna Carmichael for an experience of meditation and conversation about peace and other spiritually-related topics. Everyone is welcome regardless of their experience with meditation. Various methods of meditation will be introduced and discussed so that one can discover the method that works best to quiet the chattering mind and experience the peace that always resides within.

Please go to the Heart 2 Heart web-site for additional information on Heart 2 Heart Creative Healing, Ayurveda, Creative Ceremonies, or Dr. Joanna Carmichael at www.heart2heartcreativehealing.com.

Heart 2 Heart Creative Healing

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No RSVP required. If you are late, please just come in quietly.