

ENERGIZE

YOUR

HEART

IN 4 DIMENSIONS

(based on the book by Puran & Susanna Bair)



SATURDAY, NOVEMBER 15, 2008

2:00 PM - 3:30 PM

Explore how **Heart Rhythm Meditation**
can benefit you:

- * **physically**: lower stress, BP, increase lung capacity
- * **emotionally**: increase energy, restore optimism
- * **spiritually**: find fulfillment & meaning

\$15.00

Pre-register by Nov. 10 and pay only \$12.

Visit www.sagebutterfly.com/mind.html
to pay online.

Along with practicing meditation techniques, we will also have a demonstration of HRV biofeedback (heart rate variability) and the positive health impact of Heart Rhythm Meditation.

sage butterfly studio

For directions or additional info, contact:

Kelly / IAM Instructor (www.iamheart.org)

4880 Beachcomber Drive Unit G04, Birch Bay, Washington
(360) 920-1125 / sagebutterfly2@comcast.net

www.sagebutterfly.com

(Pre-registration preferred... limited seating.)