

LEARN
HOW TO



MEDITATE



THIS 6000 YEAR OLD PRACTICE HAS NEVER BEEN
EASIER OR MORE ACCESSIBLE

YOU'RE INVITED TO AN INTRO TO MEDITATION

SUNDAY, JULY 19th at 7PM

Hosted by Sonya Enchill
Dharma Mittra Yoga Studio
5376 West Adams
Los Angeles CA 90016

The session will last approx. 60 minutes
Open to everyone | No experience necessary | There is no cost or obligation
A course of instruction will start the next day, consisting of four evening sessions from Mon to Thurs

www.MyMeditationTeacher.com