

LEARN
HOW TO



MEDITATE



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

YOU'RE INVITED TO AN INTRO TO MEDITATION

MONDAYS at 8PM

Hosted by LA Meditation Teacher Light
Santa Monica Meditation Center
737 Ozone Street
Santa Monica, CA 90405

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

RSVP: www.SantaMonicaMeditationCenter.com