



## Meditation Classes Now Forming!

**Starting December 7th**

**6:30-7:30pm**

Quieting the mind isn't always so easy, is it? They say we already possess all the answers we need inside. So how do we access that part? Meditation is the key!

Learn about the many health benefits and how you can incorporate meditation into your life. Experience a guided meditation each time we meet. As we practice together, you will notice the positive effects meditation has on mind, body and spirit. You may just want to start a life changing meditation practice of your own!

We are forming intimate groups of 8-10 people, so register now as seating is limited! Topics for our meditation gatherings include;

**Making the Mind-Body Connection**

**Being Heart Centered**

**Creating a stronger Connection to Spirit**

Make sure to bring a journal to record the unfolding of your personal journey!

**Presented by:** Birgit "Billie" Weiss, CH RMT

Life Coach, Spiritual Healer, Hypnotherapist, Reiki Master and  
Non-Denominational Minister

To Register please email Billie at [bweiss@VillageHolisticHealing.com](mailto:bweiss@VillageHolisticHealing.com) or visit [VillageHolisticHealing.com](http://VillageHolisticHealing.com) 631-394-5292

8 week Program (we can skip the Holiday week). Fee per class \$25

**Location:** Village Holistic Healing at The Village Counseling Center

416 Teague Trail, Lady Lake FL 32159