



Mastering Meditation With Eric Orkin

Many people have tried meditation and given up, despite its many proven benefits. This is largely due to misunderstandings, not any inabilities. Everyone can practice meditation, regardless of age or physical fitness. It is easy and does not require concentration or the ability to “clear the mind”. Meditation is not a religion, yet it deepens the religious awareness of those who practice it.

This course provides all one needs for a lifelong practice leading to greater well being in all aspects of life.

*New students in Eric’s course must enroll for all four sessions.
Graduates of Eric’s meditation courses may attend on a drop-in basis.*

Sign up for the four-session course:

Monday, March 7 th	2:30-4:00 PM
Wednesday, March 9 th	2:00-3:15 PM
Monday, March 14 th	2:30-4:00 PM
Monday, March 21 st	2:30-4:00 PM

FEE: Four sessions/\$60 (new participants w/ Eric’s mediation course)
Past graduates of Eric’s meditation courses: **\$16/drop-in**

Enroll in BOTH
Mastering Meditation and Shamanism and Intuition,
Cost: **\$100.**