

The Present Moment

A guided meditation



The Present Moment knows no fear, stress or pain.
Learn how to be in the Present Moment.

Each session offers:

- A brief discussion on the “what/why/how” of meditation
- A guided meditation to enhance focus and clarity
- Your own personal “Present Moment” time

When:

First Monday of each month 8:00 – 9:00 PM

Cost:

\$15.00 drop-in (or use yoga vouchers and save \$2.00 each class)



Look for the Sun Empowerment Center (Yoga & More)

830 W. Trenton Ave., Ste 5, Morrisville, PA 19067

(Between Morrisville PO and Veterinary Center)

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LookfortheSun.com