

Natural Meditation

Just as water runs naturally downhill,
just as leaves float naturally to the ground,
anyone can settle naturally into meditation.

Not trying, just allowing –
not doing, just being.

Saturday, February 3
1-5 pm • \$50



Award-winning author Dean Sluyter presents an afternoon of natural meditation techniques. Dean simplifies and demystifies meditation, offering straightforward methods for effortless practice. See more at www.DeanWords.com.

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