



Simple and Natural Meditation

Sunday the 19th
2pm

With Jeanne Cheng
& Bruce Suggs

Fee of \$10 will be placed into a pool that one participant will win, good for services at Clear Point Wellness



Jeanne has been meditating for 28 years and has taught Qi Gong, energy healing, and meditation for 17 years. She has a B.S. in Molecular Biology, a M.A. in Traditional Chinese Medicine, and a M.A. in Spiritual Psychology.

Bruce has been meditating for 16 years and in the past has taught meditation, personal development, and energy work classes for 4 years. He has a B.A. in Psychology and a M.A. in Spiritual Psychology

Start the New Year off by giving your mind and body what it longs for...

stress release, deep relaxation, rejuvenation, a sense of well being, clarity, and inner peace.

Come and learn an EASY and NATURAL meditation practice and experience how it can benefit you in all areas of your life in simple, practical, and relevant ways.

Meditation can be the most powerful tool you have to support yourself and nurture all aspects of your life, it's a normal part of your physiological functioning and it's free to practice!

ClearPoint
WELLNESS

2001 S. 1st St – RSVP to beka@clearpointwellness.com

Subject: meditate, seating is limited, RSVP Required.