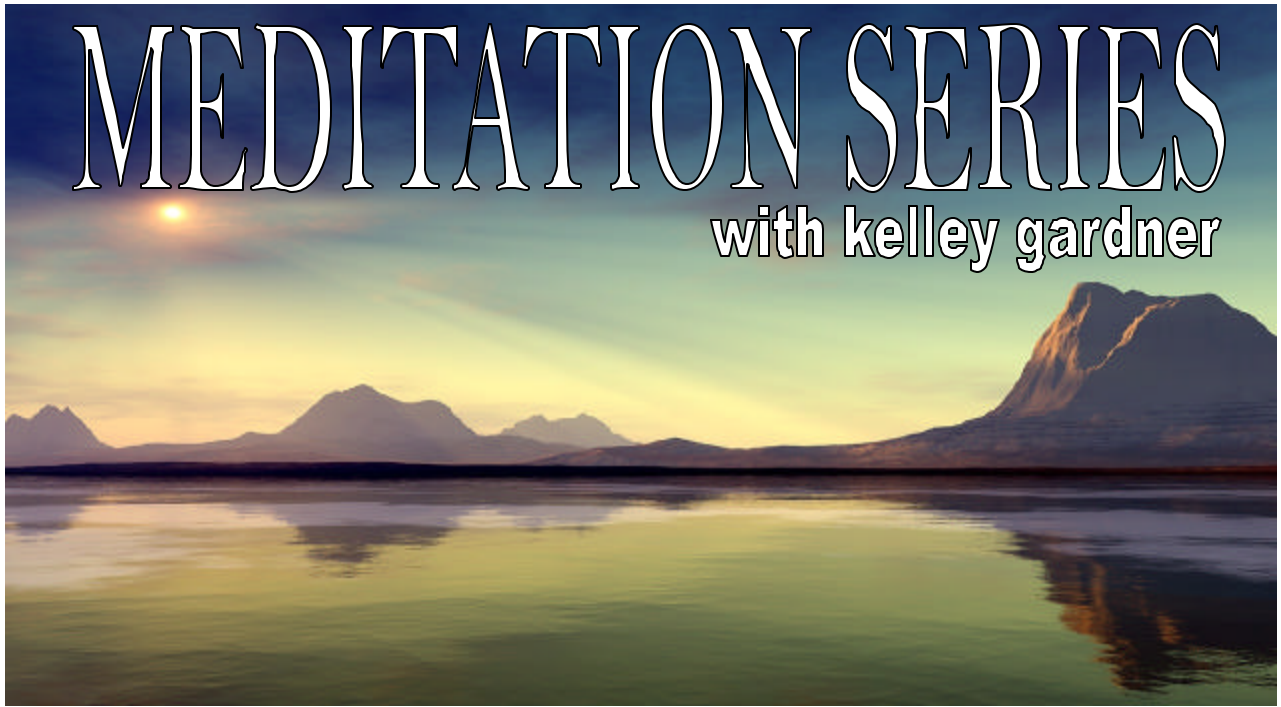


# MEDITATION SERIES

with kelley gardner



Meditation is the cultivation of mindfulness and deepening our connection to the very Heart of Consciousness. Developing a daily meditation practice infuses our lives with the experience of Grace and nourishes our minds and hearts so we may live fully, creatively, and aligned with Greatness.

In today's busy world, many people yearn for a meditation practice. Our best intentions are often thwarted by the many tasks and responsibilities each day brings. This course is designed to offer tools, techniques, and practice that will hold your interest, support a daily meditation practice, and offer you a community of like-minded people with the same intention.



As a 20 year student of meditation, Kelley Gardner weaves Tantric philosophy with pranayama (breath work), mantra (chanting) and the study of the Human Energy System to create clear pathways to a deeper experience of meditation. The classes will offer practical tools and techniques to establish a closer relationship with your own Divine essence.

This series is designed for people who are truly interested in developing a daily meditation practice, and who are willing to commit to meeting twice a month and maintaining a daily home practice. There will be two additional classes (no charge) the 11th month to make up for any missed classes.

## COURSE DETAILS:

DAY/TIME: Wednesdays 7:00-8:00pm  
LOCATION: Eileen and Dick Brenner's home  
612 Ardrey Circle  
Davidson, NC  
FEE: \$315

Please see reverse for registration form.

If you have questions, please contact Kelley at [yogasong@bellsouth.net](mailto:yogasong@bellsouth.net) or 704-655-8782.

## COURSE DATES:

- ◇ Sept 3 & 17
- ◇ Oct 1 & 22
- ◇ Nov 5 & 19
- ◇ Dec 3 & 17
- ◇ Jan 21 & 28
- ◇ Feb 11 & 25
- ◇ Mar 11 & 25
- ◇ Apr 15 & 29
- ◇ May 13 & 27
- ◇ Jun 10 & 24
- ◇ Jul 15 & 29 (additional month)

