



Mindfulness Training

How to use your thoughts to change your world.



340 Lashley St.
Longmont, CO 80504

Meditation is always recommended but, how do you actually do it?

Most people, even after meditating for years, report that they struggle with meditation.

The link between what we think and the world we experience is well established. Quantum Physics, forward thinking doctors, mystics, channeled entities, and everyone is saying the same thing. What you focus on, is. But how do you change your focus?

How do you change your thought framework in a meaningful way?

In this ongoing series we will explore the subtle use of the mind, in profound ways, to get beyond the stumbling blocks of mindful awareness. Using practical demonstrations, exercises, and sound technology, we will probe the depths of our own awareness. We will move beyond the distortions of what *should* bring results, and into the clarity of what *does* bring results.

This is a workshop designed from the ground up for anyone who is interested in self inquiry.

November focus:

Basic principals of mindfulness

Using the subconscious mind to assist the conscious

Changing deeply held beliefs

Enhancing physical performance

Classes will be held on the second Sunday of the month from 10AM to 12PM and will replace that weeks singing bowl meditation practice. The first class is November 12.

\$45 per session. Member Price \$30. Special circumstances considered.

Register at: <http://odysseyyoga.com> Walk-ins welcome.

CREATION SONGS



303-947-1584