

FREEDOM FROM STRESS AND TENSION

**What would be different
if you could
wake up happy
for no reason
at all?**

*no matter what life
throws at you*

*for your state of bliss
and a whole new life*

O M M E D I T A T I O N

Thursday, April 9th, 5pm

no experience
all ages

Noble Coffee Roasters Cafe

3020 State Rt. 207
Cambell Hall NY 109016



learn more

Click or call to find out when
OM Meditation will be in
your area.
(855) 800-2726
www.omwisdom.com
contactus@omwisdom.com



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*Let your happiness
reflect your intentions
rather than be controlled
by your circumstances*

Freedom from stress and tension lies beyond the ever-chattering mind. OM Meditation can help you experience this kind of mental, emotional and physical freedom. It's not about a posture – anyone can do it. It's about quieting the mind. When the mind is quiet, happiness flows from your intentions, not your circumstances.

*By the time you've started
to notice what would be
different, you've already
accepted the possibility
that it can!*

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