

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

Thursday, April 9th, 5pm

no exprerience all ages

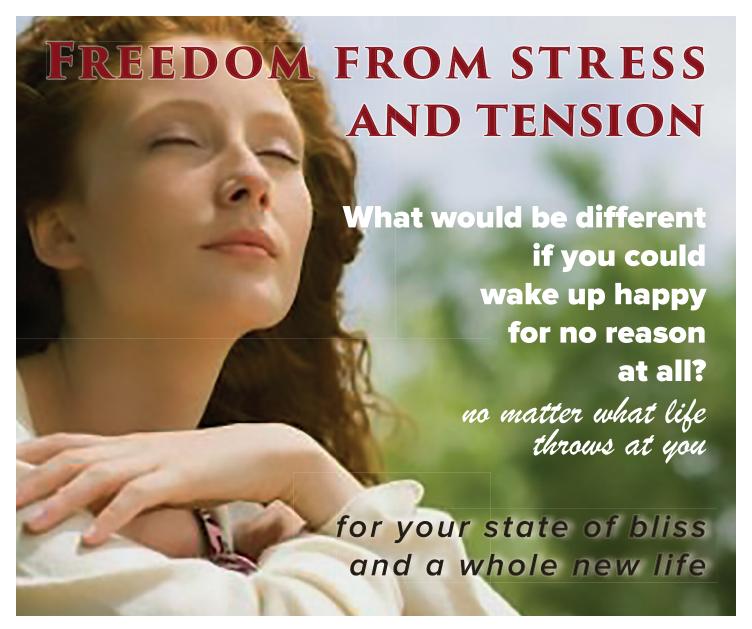
Noble Coffee Roasters Cafe 3020 State Rt. 207 Cambell Hall NY 109016

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







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

Let your happiness reflect your intensions 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 intensions, 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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