



4-Week Meditation workshop

Are you stressed?

- Learn to relax your mind and body.
- Anchor the feeling of relaxation.
- Use guided visualization.
- Introduction to the chakra system.
- Learn breath meditation.

Facilitator: Janet Philbin, LCSW-R, CHt

When: May 5, 12, 19, 26 2020

Fee: \$100

Where: 1 Rabro Dr. Suite 10
Hauppauge, NY 11788

To Register:

email: Hypnosisforhope@gmail.com

516-639-6286