

Experience the simplicity of meditation.

Explore how HAPPINESS, SELF_COMPASSION, & SYNCHRONICITY are natural results of meditation.



Join in these 3 sessions of inner exploration...

Thursdays: April 12th, 19th, & 26th
6:30pm – 7:30pm

Tap into the peace, wisdom, and love that is your Nature. Experience what happens when you let your body breathe, bring your attention to your heart, and gently, rest there, feeling. Become the wise, compassionate observer of your thoughts.

Joan Even will teach Heartfulness meditation, a heart-based practice that she has studied, practiced, and put to the test for the past twelve years. Joan's research and exploration have included numerous trips to India. She was prepared by her teacher in 2009 to conduct meditation sessions, teach, and develop programs. Joan works with corporations, community groups, colleges, and has a private practice. She is an Adjunct Professor at Endicott College, teaching Mindfulness & Awareness, a course she developed that focuses on the theory and practice of meditation.

Register at Ananda Shanti Studio. The 3 session workshop is \$40.00
Feel free to email Joan @ joankeven@gmail.com if you have any questions.