

Natural Meditation

Just as water runs naturally downhill,
just as leaves float naturally to the ground,
anyone can settle naturally into meditation.

Not trying, just allowing –
not doing, just being.

Saturday, February 3
1-5 pm • \$50



Award-winning author Dean Sluyter presents an afternoon of natural meditation techniques. Dean simplifies and demystifies meditation, offering straightforward methods for effortless practice. See more at www.DeanWords.com.



14606 West Center Road
402.333.2420

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