

MEDITATION CHANDLER



When we apply our consciousness to learn about ourselves, it is as if our thoughts and feelings are separate. When we meditate on the heart, we feel one with nature and develop intuitive understanding. Meditation heals and transforms us.

This class is sponsored by Heartfulness.

www.heartfulness.org



Chandler

685 S. Dobson Rd., Chandler, AZ 85224

5:30pm-6:30pm

Every Thursday

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.