

MEDITATION

an introductory on-line Class with Carol Martin

Find the Sweet Spot

Experience the sweetness of life, beyond feeling and thinking.

Let go of doing and trying and just BE.

Let go of wanting, planning and controlling. It's OK.

**Find your centre and experience the inner connections that bring Harmony,
Sweetness and Balance to your BEING - Your LIFE.**

Move outward from a place of wholeness.

Meditate

Shifts happen because they can when we set the stage for them to happen.

Meditation can be easy, even fun, and a beautiful experience.

**Join me on line MON/WED/FRI at NOON for ½ hr of Meditation with others
or sign up for a Meditation Class once a week on line if you want an
introduction first.**

Introductory On-Line Meditation Class \$60

Wed Evenings in March 2021: 3, 10 17, & 24, from 7 to 8 PM – EST

For more information please email me at [**carolmartin155@gmail.com**](mailto:carolmartin155@gmail.com)

or call me at 705.734.0107

And remember, there are 14 free meditations on my web site:

[**www.wenlightenedliving.me**](http://www.wenlightenedliving.me)

Yours in Light, Love and Healing,

Carol Martin B.A., RMT