

## MARCH AND APRIL MEDITATION CLASSES



Verkuilen Building – Assembly Room A  
21885 Dunham Road,  
Clinton Township, MI 48036  
**Registration # (586) 469-7485**

**Meditations for Empowerment** - Meditations begin with gratitude and a sense of peace. We will realize through practice that our thoughts, feelings and emotions have always been our own choice. We will learn to release negative energies and replenish with positive vitalities. Guided imagery will take us on a journey of self-love, acceptance and empowerment. \*Fee is \$8 per class or \$24 for all four classes bundled.

Mon Mar 5, 12, 19 & 26                      5:00pm-6:00 pm                      4 weeks

**Meditations for Intuition** - Learn the power of thoughts and how our thoughts, combined with sincere intentions, create positive realities. We will practice sending and receiving thoughts telepathically, which will open intuition. These meditations help connect us to the collective consciousness for achieving expanded awareness. \*Fee is \$8 per class or \$24 for all four classes bundled.

Mon April 9, 16, 23 & 30                      5:00pm-6:00 pm                      4 weeks

Susi Walter, Certified Meditation Instructor.

Full Schedule of Classes at [www.miraclesofmeditation.weebly.com](http://www.miraclesofmeditation.weebly.com) .