

Finding Peace Within Through Guided Meditation

- Is life proving to be too stressful?
- Is the constant barrage of news overwhelming?
- Want a way to cut stress off at the pass?

In this workshop you will:

- Learn a simple way to address stress head-on
- Build resilience to stress through guided visualization
- Leave with a recording to practice with at home

Date: May 30, 2026

Time: 11AM-1PM, PDT

Place: Zoom

Cost: \$75*

Contact: info@TheTranquilPresence.com

* \$50 of workshop fee can be credited towards your 1st 1:1 session.

Led by: Fred P. Ernani, Ph.D.

Certified Hypnotherapist, Reiki Master, Karuna ® Reiki Master