

WEATHERING THE STORM

A GUIDED MEDITATION WORKSHOP

- 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
- Document your experiences and learnings in a course workbook
- Leave with recordings to practice with at home

Date: To be scheduled. Please inquire to reserve your spot.

Time: 10AM-2PM, PDT

Place: Zoom

Cost: \$150*

Contact: info@TheTranquilPresence.com

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

Certified Hypnotherapist, Reiki Master, Karuna ® Reiki Master

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