

Heart Rhythm Meditation

Advanced ~ The Four Elements

In this class, we will build upon Basic Heart Rhythm Meditation, to develop the qualities of the Heart. We'll work with four different breath patterns to grow our Hearts in all its dimensions. These breaths have a balancing and purifying effect, as well as helping us discover and express our purpose each day.

By breathing in specific ways, we can draw energy into our heart, in all four of its aspects: **Air**, **Fire**, **Water** and **Earth**. These are subtle energies ~ they permeate and fashion all of creation and are the keys to the power of the universe. We can learn to recognize and use these energies for growth and accomplishment. (Paraphrased from LFTH)



“We do not meditate to become great meditators. We meditate to become great human beings, serving and inspiring our communities and our world!”

Bonnie Colby, Heart Rhythm Meditation Teacher

To Register: Send check to Morgan Rivers
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Six Mondays
September 23 – October 28
10:30 – 11:45AM
@ Healing Partners
Class limited to 7 people
\$12/class or \$60 for all six
Repeat for \$50
iamheart.org