

Heart Rhythm Meditation

Learn the Basics in 6 Sessions

"Heart Rhythm Meditation is a technique you can make your own and apply to the fulfillment of your own life as you desire. It doesn't take you out of the world; it helps you be effective as yourself, in concert with the world." *Living from the Heart*

Benefits include:

Regulating blood pressure

Improving immune system

Increasing concentration

IMPROVING SLEEP

Increasing energy level

Restoring optimism

Finding fulfillment and meaning

Being guided by your heart

Increasing creativity

In these 6 sessions we'll use guided meditation, an instructional CD plus time for personal reflection & questions to learn Heart Rhythm Meditation, step by step. For best results, attend all 6.

Registration is closed after week two.

RSVP Required - Call or email to reserve your spot!



"Peace comes when one's self is in harmony with the rhythm of the heart." Hazrat Inayat Khan

Six Thursdays:

October 24 – December 5
(Skipping Thanksgiving)

10:00 – 11:15 AM

Unity Center

414 31st St, Des Moines, IA 50312

\$12/class or \$60 for all six

Repeat for \$50

iamheart.org

To Register: Morgan at (515) 783-5122 or
morgan@healingpartners.biz



iamHeart
Institute for Applied Meditation on the Heart