



Location: Unity Center of Des Moines,
414 31st St, Des Moines IA 50312
Dates: June 22 and 23, 2019

<https://iamheart.org/purpose>

Join Puran Bair for a weekend workshop about heart-centered purpose, the meaning of life, and what you can do **today** to direct your course.

Through Heart Rhythm Meditation we will explore the common thread of desire and impulse that runs through all of your choices, life events, and struggles. This thread gives meaning to your life, offers guidance about what your next chapter might look like, and how to complete the chapter you're in.

Workshop Schedule:

Saturday 9:00 - 4:00 Lecture, Guided Meditation, Activities, and Discussion
includes an hour lunch break

Sunday 8:30-10:00: Bonus Meditation Session
10:30 - 11:30: Puran Bair gives the talk at Unity Service
1:00: Small Group Darshan
(Personalized Guidance Meditations in Group)
Sign up for a 20 minute slot

Admission is \$49, and only \$10 to bring a friend!
Darshan is an additional \$150

We'd love to meet you!

Register here:

<https://iamheart.org/purpose>

Local Sponsor: Morgan Rivers, 515-783-5122, morgan@healingpartners.biz