

AWAKENING TO YOUR SELF

A TWO-DAY SATSANG & MEDITATION WORKSHOP

SAT & SUN SEPTEMBER 16 -17 **** On Bowen Island



WITH HEIDI HIRDAYA

www.hirdayameditation.com

A unique opportunity with an inspiring teacher! Experience the awakened fullness of awareness, satsang and deep meditation in a concentrated and nourishing atmosphere of self-discovery and inner peace.

Where: Seven Hills Yoga: 1237 Scarborough Rd, Bowen Island

When: Sat & Sun. Sept. 16 – 17: Satsang and Meditation 11 am – 5:30 pm

Cost: Two days: \$295 (\$155 for one day)

Contact: Eileen eileengalvinwilson@gmail.com Maureen mowitzney@gmail.com

To register and pay online: <http://hirdayameditation.com/hirdaya-teaching-tours.htm>

Or by e-transfer: heidi.hirdaya@gmail.com

*** If you are attending from the mainland you may wish to make this a two-day retreat. There are many wonderful places to stay on Bowen that accommodate a variety of budgets and needs. If you need suggestions please contact Eileen or Maureen.