



# AWAKENING THE SPIRIT

Session 1 TBA  
Session 2 TBA  
Session 3 TBA  
Session 4 TBA

## **NEW LOCATION:**

Session 1 Guest Ivette Gomez  
The Art of Meditation

### Objectives

Review Forgiveness Cycle  
Explore MS resources  
Understand Relaxation  
Learn Meditation  
Experience Meditation

Pre-register at 4 (239) 592-7020

Cost TBA ( includes continental breakfast and materials)

