



life **journey** coaching LLC

# *How-to-Meditate*

*A 3-week Journey into Discovering Inner Peace*

*Awaken  
Your  
Life  
From  
Within*



*Breathe  
And  
Be  
Present*

## **Spring Meditation Class Series**

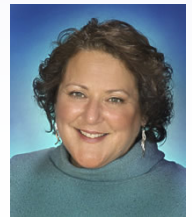
Friday Evenings, 6:30 – 8:30pm

March 15, 22, 29

\$140 / series

*As a trained Spiritual Mentor and Life Coach, it is my passion to work with others who are seeking a more conscious and awakened life. My gentle approach guides others toward a life filled with clarity, joy, and inner peace.*

Patricia J London - Certified Life Coach



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*Helping Others Navigate Self-Discovery*