



life **journey** coaching LLC

How-to-Meditate Classes

A 3-week Journey into Discovering Inner Peace

*Awaken
Your
Life
From
Within*



*Breathe
And
Be
Present*

Spring Meditation Class Series

Tuesdays, 9:30–11:30am

April 16, 23, 30

\$125

Call to register – 707.477.8231

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. Personally engaged in a 37-year meditation practice, my gentle approach and understanding guides others toward a life filled with clarity, joy, and inner peace.

Patricia J. London - Certified Life Coach



Life Journey Coaching, LLC

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Helping Others Navigate Self-Discovery