

Tuesday, October 28th @ 7:30-9:00 p.m.



**Dhammakaya
International
Meditation center**

Let's Meditate to

- Reduce Stress & Anxiety
- Enhance Memory
- Better Focus
- Improve Relationship
- Look Younger

MOUNTAIN COVE LODGE, AZUSA

- Yoga
- Meditation Practice
- Questions & Answers



**Please contact Nitaya
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LetsMeditate@hotmail.com**

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