

*“Meditation is not a way of making your mind quiet. It’s a way of entering into the quiet that’s already there—buried under the 50,000 thoughts the average person thinks every day.”*

— Deepak Chopra, M.D

# LEARN TO MEDITATE

Practiced for thousands of years, meditation is a tool for rediscovering the body’s own inner intelligence. Practicing meditation will help you:

- Manage stress & reduce anxiety
- Improve your relationships
- Create inner peace
- Awaken your intuition
- Enhance your sleep patterns
- Lower your blood pressure
- Be less judgmental
- Connect more deeply to spirit



## Meditation Workshop

Joan is making a special appearance in the Twin Cities this June to teach an amazing workshop at a one-time-only **REDUCED RATE!**

### What will you get, along with the two-day workshop:

- Your OWN Primordial Sound from the Chopra Center, that Joan will personally give to you to learn to meditate.
- Personal follow-up with Joan and
- ADDED BONUS: Joan will be treating us to some special kinds of meditation (i.e. healing meditation) designed just for us

*Join us and inspire yourself to happiness!*



Led by Joan Dickinson, ED.D, RYT,  
Chopra Center for Well-Being  
certified yoga and meditation instructor,  
licensed MN psychologist

For more information about Joan, check out  
Joan’s Vitae at: [www.perfectlifestylecoach.com](http://www.perfectlifestylecoach.com)

**Dates:** June 27 & 28, 2009 (*Saturday & Sunday*)

**Place:** Woman’s Club of Minneapolis – men, women & guests welcome!

**Time:** 9:00am to 1:00pm, Saturday and Sunday

**Cost:** ~~\$375~~ \$200.00 (+ \$70 for materials) – HUGE SAVINGS!

**To Register:** Contact Emily: 612-618-3659 or [Emily@emilyhanka.com](mailto:Emily@emilyhanka.com)

Register Online: [www.journeyconsultingandcoaching.com/events](http://www.journeyconsultingandcoaching.com/events)

~~~~~*Space is limited – Reserve your spot today!* ~~~~~

# Learn To Meditate

With Joan Dickinson ED.D, RYT, Chopra Center for Well-Being certified yoga and meditation instructor, licensed MN psychologist



*\* Quiet the Mind \* Manage Stress & Anxiety \* Create Inner Peace \* Increase Physical Health \**

## Workshop Registration

June 27-28, 2009 (Sat & Sun)

9:00am-1:00pm (both days)

Minneapolis, MN

The Woman's Club of Minneapolis

(Please fill out this page and send registration to the e-mail or address below)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

**CRITICAL INFORMATION** (for determining & receiving your Primordial Sound at the workshop)

Date of Birth: \_\_\_\_\_

Place of Birth: City \_\_\_\_\_ State \_\_\_\_\_

Time of Birth: \_\_\_\_\_

I want to learn to meditate because:

## Payment Information

**YES! I want to Learn to Meditate with Joan**

*Seating is limited - reserve your spot today!*

Enclosed is a check for my registration \$270.00 (Payable to: Journey Consulting and Coaching)

Paying by Credit Card? Go to [www.journeyconsultingandcoaching.com/events.html](http://www.journeyconsultingandcoaching.com/events.html) to safely & securely use PayPal

### Send Payment to:

Journey Consulting and Coaching, Inc

11900 Wayzata Blvd, Suite #214, Minnetonka, MN 55305

ATTN: Meditation Registration

E-mail registrations to: [emily@emilyhanka.com](mailto:emily@emilyhanka.com)

**Bring a  
Companion –  
Take \$50 off your  
registration!**