

# Create Your Own Meditative Style

Hosted By:

Ardas Kaur Khalsa and Kathleen Rickard, DNP-C

*A unique, experiential, and sequential series.  
Each class builds upon the previous class - suitable for all.*

**Join us for this 4-part series – consecutive Mondays**

**April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

**Mondays: 5:30 pm to 7:00 pm.**

*Topics over the 4 weeks include:* deep listening, guided meditation, mindfulness, conscious breathing techniques, music and mantra, and creating a personalized program.

This meditation series will provide notes and tools for you to develop your own practice for improved health, clarity of mind, and healing on all levels.



Ardas introduces a variety of meditation and yogic methods, sharing her personal journey - weaving research, training, and certification with holistic lifestyle.

Kathleen, Family Nurse Practitioner, yoga trained, passionate about healing through breath and meditation, adding a holistic medical perspective.

**Fee: \$160.00 cash or check for all FOUR classes.**

**Due on the day of the first class.**

**Checks payable to: Ardas Healing Connection, llc.**

**Single classes not offered for this unique and progressive series.**

**Sign up at the front desk of Essential Family Health and Wellness or call Ardas at 623-363-1946 with name, email, and phone number.**