

# "DO NOTHING"

## MEDITATION RETREAT

RECHARGE WITH THIS POWERFUL TECHNIQUE,  
& REALLY GET TO KNOW YOUR MIND

"Do nothing" meditation is a simple life-changing technique. With this practice, anxious or worrying thoughts become less bothersome; creative solutions come to mind more naturally, and as a result there is a greater sense of well being.

**Sunday 28th July**  
**9am-4pm, \$70**  
*Light lunch provided*  
**1111 Carlisle Blvd SE**  
**Albuquerque, NM 87106**



**To Register:**

**Email: [lisa@lisaesile.com](mailto:lisa@lisaesile.com); Call: 310 383 2921;**  
**or visit: [www.lisaesile.com/ABQ](http://www.lisaesile.com/ABQ)**



**LISA ESILE** is the author of "Whose Mind Is It Anyway? Get Out of Your Head and Into Your Life" (Penguin Random House 2016). She once spent a year being silent, "doing nothing" in her homeland of New Zealand. She has a master's degree in science and lives with her husband and daughter in Los Angeles.

For more information visit [WWW.LISAESILE.COM](http://WWW.LISAESILE.COM)