

"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, \$65
Light lunch provided
1111 Carlisle Blvd SE
Albuquerque, NM 87106



To Register:

Email: lisa@lisaesile.com; Call: 310 383 2921;
or visit: 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