

# THE POWER OF DOING NOTHING IN A DIGITAL WORLD



## FOR KIDS, TEENS & PARENTS

Come along to this fun-filled and inspiring morning and discover how the “do nothing” meditation technique can help families:

- Reduce anxiety
- Stimulate creativity
- Solve problems
- Focus thinking (do your homework faster!)
- Feel good
- Boost motivation & feel energized

**Sunday 4th August**  
**10am-12pm**  
**\$10 (\$25 per family)**  
**1111 Carlisle Blvd SE**  
**Albuquerque, NM 87106**

To Register:  
Call: 310 383 2921  
or visit:  
[lisaesile.com/events](http://lisaesile.com/events)



**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 [LISAESILE.COM/EVENTS](http://LISAESILE.COM/EVENTS)