

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, solve problems, feel good, focus thinking, and boost motivation and creativity.

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

To Register
Call: 310 383 2921
Email: lisa@lisaesile.com
Web: lisaesile.com/events
Or just show up on the day!



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

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