

THE POWER OF DOING NOTHING IN A DIGITAL WORLD



FOR KIDS, TEENS & PARENTS (11 YEARS +)

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 28th July
10am-12pm, \$10
1111 Carlisle Blvd SE
Albuquerque, NM 87106

To Register:
Call: 310 383 2921
or visit:
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, getting to know the difference between mind chatter and inner wisdom. She has a master’s degree in science and lives with her husband and daughter in Los Angeles. For more info please visit **LISAESILE.COM**