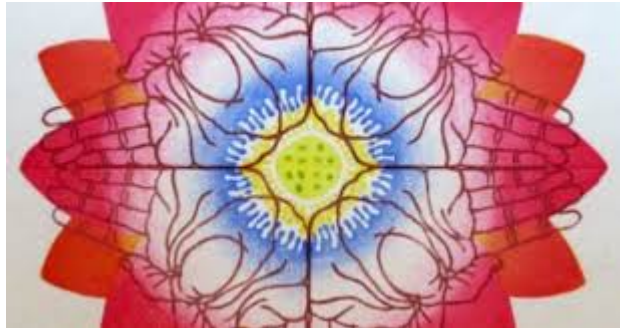


## LifeForce Yoga ® Meditation for Self-Illumination



Learn practices to meet your mood and clear energetic space for meditation with LifeForce Yoga®. For so many people, reaching silence can be a challenge...and remaining silent even harder! In order to meet the busy Western mind, we often need transitional practices to prepare us for silence. In this series, we will learn practices that help to anchor the mind, leaving clear space to connect to one's highest self. We will also learn some meditation practices that do not require silence.

**Where:** QWELL Meditation, 493 Bloomfield Avenue, Montclair, NJ

**When:** Fridays; May 3, 10 & 17; 11:15-11:45am

**Welcome:** ALL! No prior meditation or LifeForce Yoga ® experience is required

**Register:** [www.qwellmeditationstudio.com](http://www.qwellmeditationstudio.com)



For more information about Deb Lubetkin visit [www.DrDeborahLubetkin.com](http://www.DrDeborahLubetkin.com). Deb is a Licensed Psychologist (Psy.D.) in Private Practice for over 22 years. She is a Kripalu Yoga Teacher (RYT-200), Certified LifeForce Yoga Practitioner & Mentor, and a Certified Yoga Therapist (C-IAYT).