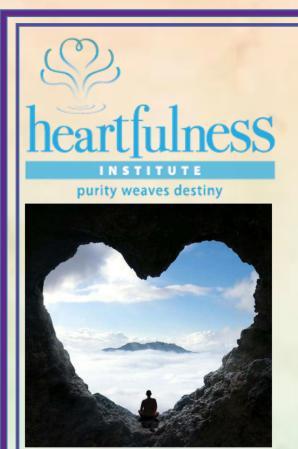
HEAL

Health, Enrichment, & Access to Life skills



EXPERIENCE HEARTFULNESS MEDITATION

Heartfulness is a path of experiencing our inner Self through meditation and relaxation. It teaches us to dive deep into our heart, and be in a natural state of love, peace, and calmness.

 $$\operatorname{W}\operatorname{HE}\operatorname{N}$$ April $10^{th},$ April $17^{th},$ & April 24^{th} | $10{:}30$ am - $12{:}30$ pm

For Enrollment/Information Email: HEAL@NARIKA.ORG
Women only

