

# 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.

### WHEN

April 10<sup>th</sup>, April 17<sup>th</sup>, & April 24<sup>th</sup> | 10:30 am – 12:30 pm

**For Enrollment/Information Email: [HEAL@NARIKA.ORG](mailto:HEAL@NARIKA.ORG)**  
Women only

H.E.A.L is a community partnership program that offers holistic health, mindfulness workshops to all women free of cost.

