

# FREE Info Session

## Sacred Path Yoga's Kula

### Supporting

## The FREE HOPE 21-Day Meditation Experience

With Melody Roberts, E-RYT 500

Do you want to become more consistent in your meditation practice or simply begin a meditation practice at home? Consistency is key, but for many of us, that can be the most difficult aspect of the journey. Do you feel alone in your struggle to sit regularly and lose your motivation to stay committed? You are not alone! Please come learn about this unique and absolutely FREE opportunity to be supported in your quest to meditate regularly by joining a conscious heart-centered community, a Kula. A Kula is simply a community of the heart, a group coming together of its own free will.... An intentional community, a family... Supporting each other in their spiritual quest.



Please join me in this free information session where we will discuss how you can help create and join the Sacred Path Yoga Kula. Each and everyone one of us matters and has sacred work to do on this planet. We all need a support system in our sadhana, in our journey to our highest-self. Let's begin by coming together in Sacred Path Yoga's Kula and supporting each other in the latest FREE 21-Day Meditation Experience that starts April 10<sup>th</sup> with Oprah and Deepak Chopra, "*Hope in Uncertain Times*." You will learn how to sign up free, get your free companion workbook, and join our Facebook group for daily support and encouragement. If you are feeling called to meditate, to raise your personal vibration, and to serve the world by raising the global vibration one heart at a time, please join us on this amazing journey! Let Sacred Path hold space for you and enhance your meditation experience and we will all rise together in cultivating hope and inner peace in our own lives and in the world around us.

*\*Recommended participation in the FREE Oprah & Deepak "Hope in Uncertain Times 21-Day Meditation Experience" that begins April 10<sup>th</sup>, 2017.*

Investment: FREE

*Saturday ~ April 8<sup>th</sup>, 2017 ~ 11:00am - 12:00noon*

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404  
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.