

Full Moon Healing Ring Meditation **at Yoga Central**

1123 Jackson Boulevard, Houston, Texas 77006

Every Full Moon 7:30pm - 8:30pm

(See Full Moon Calendar below)



A Healing Ring meditation offers a way of healing, while creating a sense of community and sharing. This meditation is used to generate and direct tremendous healing energy towards any person: a member of the circle, someone at a far distance, or someone located in the center of the circle.

The period of the full moon is an opportune time for releasing from our lives that which no longer serves us. Come join us for this special evening of meditation for healing the self and others.

We will prepare for the healing meditation with light yoga, and close by relaxing to the healing sound of the gong.

Please join us after the meditation for yogi tea and fellowship.

2010 Full Moon Calendar

April 28th (Wednesday)

May 27th (Thursday)

June 26th (Saturday)

July 25th (Sunday)

August 24th (Tuesday)

September 23rd (Thursday)

October 22nd (Friday)

November 21st (Sunday)

December 21st (Tuesday)

Suggested Donation \$10 +

(any amount is acceptable)

For pre-registration and questions please contact
Ann Adam 713-529-0596 annadam@softhome.net

Yoga Central

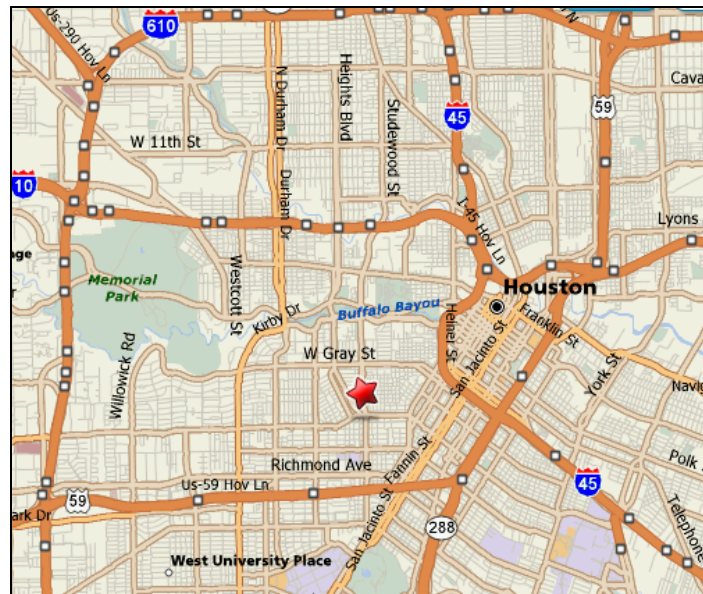
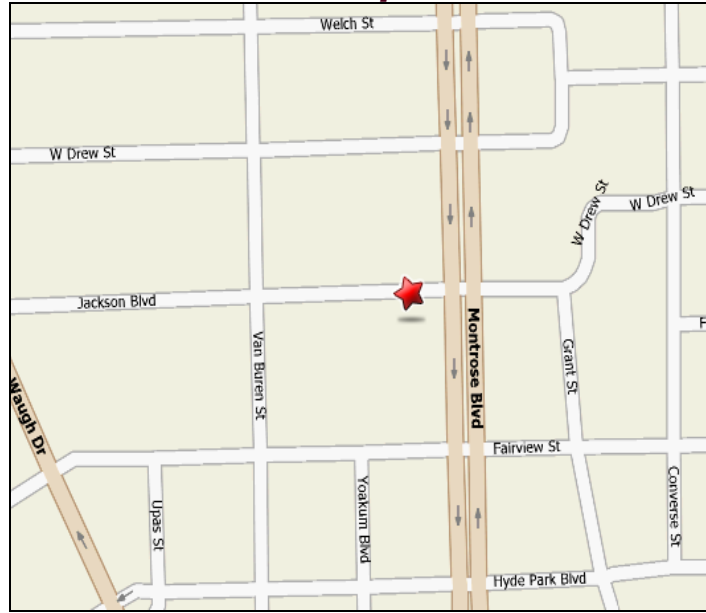
1123 Jackson Boulevard, Houston, Texas 77006

Inside the Loop

5 blocks north of Westheimer

1 block west of Montrose between Fairview and Drew

Map



"It is your birthright to be healthy, happy, and holy."

Yogi Bhanan