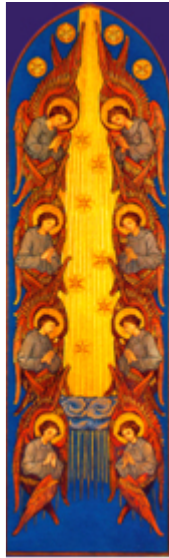


## Journeys to the Spirit.



### An Evening Class

Guided meditation evening class to learn to communicate with the inner wisdom of your body and Soul.

Six Alternate Tuesdays

7p.m. ~ 8.45p.m.

Courses start January and September

Price : £42

Contact Richard Walters on 01404 813784.

You will learn meditations to bring inner peace and silence by;

- Balancing your Chakras.
- Contacting inner silence.
- Using the Parallel Breath Meditation.
- Using guided journey meditations.
- Receiving wisdom and guidance from your soul level.
- Meeting a Spirit Guide.
- Focusing on physical sensation as a route to stillness.
- Using Chanting to transcend mind chatter.

- Guided journeys to meet guides and inner wisdom.
- Learning to communicate with your body via archetypal images.

All in a safe, confidential environment.

This class is intended as an aid on the path of personal spiritual unfoldment, as well as personal healing.

The classes will be held at  
The Natural Health Practice, 2a Spicer Road, Exeter.