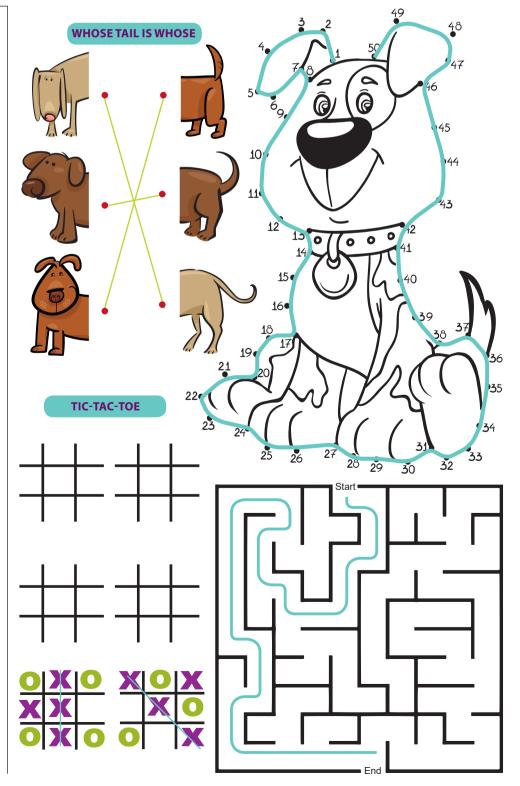


This course will explore techniques for learning how to relax and provide relief from stress and anxiety.

> This simple method of meditation is designed to enhance your concentration and gain a deeper understanding of the self. You will discover an inner peace and power that makes it possible for you to respond to life from a place of clarity and self-control.





Registration

https://tinyurl.com/BK-OBS-EVENTS

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