

Are you stressed and tired? Ready for a break?

*Give yourself a gift and learn
meditation in a beautiful and
tranquil retreat setting!*

*Starting on June 29, Wendy Eisner, an experienced teacher of
Insight Meditation, will offer an Introduction to Meditation
at the LaRose Wellness Retreat in Baraga, MI. We will
meet Wednesday evenings from 7:30 to 9 pm for 5 weeks.*

*We use simple meditation techniques which are healthy and
beneficial for everyone. This course is appropriate for beginners
as well as more experienced meditators. All are welcome!*

The cost is \$50 for the full session or \$13 for one class. Register and get more information by emailing Wendy at weisner5@gmail.com, phoning Cheryl at 906-353-6714, or visiting our website at

larosewellnessretreat.com/introduction-to-meditation/

