

FREE



Guided Meditation; Letting Go

Join us in a relaxing and gentle meditation. We will use colors and visualization to help the body feel good. We will rejuvenate your body. Honor your most precious creation – your physical form. *Give yourself the gift of a guided meditation with Anita Destino!*



Tuesday
June 29th, 2010
7:00 PM – 8:00 PM
at our Lakewood Location

Explore the vibration and power of using visualization to heal your body by letting go.
By donation. Inside Rishi's Yoga Studio
Space is limited.

Open to Everyone
To register call 720-413-7303



Facilitated by Anita Destino, Director of ICI in Lakewood. Senior staff teacher and professional clairvoyant reader and healer.

Lakewood: Inside Rishi's Crossing * 2730 S. Wadsworth Blvd. * Lakewood, CO 80227
Denver: Inner Connection Institute * 2755 S Locust Street * Suite 213 * Denver, CO 80222
www.anitadestino.com email: anitadestino@hotmail.com
www.innerconnection.org