



## You *Can* Learn to Meditate!

Balancing Body, Mind, and Spirit

### **MEDITATION WITH JENNIFER LEE RN, ARNP**

Intuitive/Tarot Reader, Reiki Healing Master and Spiritual Teacher

#### **Almost every other Wednesday 6-7 PM in 2009**

Sept 23<sup>rd</sup>, Oct 7<sup>th</sup>, 21<sup>st</sup>, Nov 4<sup>th</sup>, 18<sup>th</sup>, Dec 2<sup>nd</sup>, 16<sup>th</sup>. No class 12/30

Check Jen's website below for accurate schedule

5246 Olympic Dr NW, Suite 115, Gig Harbor, WA 98335

253-549-8627

Would you like to have more energy? Can you imagine being centered and at peace throughout your day? How would you like to have a sense of purpose in your day-to-day life? Meditation can help you realize all this and more.

If you have tried to meditate but felt like you were missing some secret come hear what Jennifer Lee has to say about the real secret to meditation. Come learn how to quiet your mind and live a more balanced and healthy life. Each week we will learn new techniques and practice a simple five to fifteen minute meditation. With Jen's nurturing teaching methods you can discover the unlimited benefits of a regular meditation practice. Come experience for yourself! **Each class is self-contained. Come to one class or all.**

Jennifer is an Energy Healer, Intuitive, Spiritual Teacher, Nurse and Nurse Practitioner with 25 years of experience. Her gentle, healing nature will help you release stress and confusion. In private practice as well as in class and consultations, Jen will show you how to access your own inner peace.

For more information, call 253-549-8627 or email Jennifer at

[jen@jenleereadingsandhealings.com](mailto:jen@jenleereadingsandhealings.com)

[www.jenleereadingsandhealings.com](http://www.jenleereadingsandhealings.com)

Investment: \$10 per class-**please bring cash or check.**

**Please see Jen's website for her new meditation CD's for sale.**