

An Introduction to Heart Coherence Meditation



Learn 3 simple steps to engage your powerful heart field to:

- ♥ relax
- ♥ release stress
- ♥ improve your health and vitality
- ♥ open your heart
- ♥ feel more peaceful in the world

WHERE

2200 Range Avenue, Suite 207,
Santa Rosa, CA.

Contact: linda@lindamarshall.info
or call/text 707-292-7925

Space is limited. Those who register
and prepay have priority. Registration
at the first class only if space available
(please call ahead)

WHEN

Saturdays

February 27, March 5 & 12
from 10 am- 12 Noon

OR Fridays

February 26, March 4 & 11
from 5:30 pm to 7:30 pm

OR Thursdays,

February 25, March 3 & 10 from
9:30 am to 11:30 am.

REGISTER

\$65 early bird discount by Friday,
February 12. Then, \$90

Please contact Linda with your name
and email (or phone if no email).

For payment with paypal, go to
<http://www.lindamarshall.info> and click on
Classes and Events.

OR mail payment to Linda Marshall,
2200 Range Avenue, Suite 207,
Santa Rosa, CA 95403.

This class introduces information to understand the process and benefits of these 3 simple steps, as well as time to practice together. For quick relaxation, you can use these steps for as little as 1 to 5 minutes. Maintained longer, it becomes a meditation yielding more profound results.



Linda Marshall is a licensed physical therapist specializing in Heart Centered Healing, a combination of biodynamic craniosacral therapy, myofascial release and energy balancing therapies.

Her office is located at 2200 Range Avenue, Suite 207, in Santa Rosa. She is also a licensed prayer practitioner at the Center for Spiritual Living, Santa Rosa, where she has been teaching Heart Coherence Meditation since 2008