

HEART COHERENCE PART 2

Would you like to:

- ❖ deepen your practice of heart coherence meditation with support?
- ❖ live in a more heart centered and grounded way?
- ❖ open to more good in your heart mind and body? (peace, love, joy, etc)



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.

In a small group of 6 to 10 people, we will practice heart coherence meditation in the familiar way and learn some new additions to deepen and enrich our practice. This class includes time for sharing to assist the deepening process.

When: Please choose one (1st/2nd choice also an option.) I will hold those classes that fill.

Mondays from 3:00 to 5:00.- February 22 to April 4.

Wednesdays from 10 am to 12.- February 24 to April 6.

Thursdays from 5:30 to 7:30. - February 25 to April 7.

Location: my office at 2200 Range Avenue, Suite 207, Santa Rosa, CA, 95403. Please feel free to bring a meditation cushion, pillow, blanket, etc. for your comfort. A journal is recommended.

Cost: Early bird: \$120 for the series if payment received by February 12. After that, cost is \$145 until February 19, and then \$165 up until first class. Please do not show up the night of the first class unless you have confirmed with me that there is space.

I offer an option of \$25/class with all postdated checks given to me by the first class. Please contact me if you want this option and send me a \$25 non-refundable deposit by February 12. **Please note:** you are responsible to pay for all 7 classes even if you miss a class.

To Register:

You can send a check to my office, pay via paypal at my website (lindamarshall.info) or make an arrangement to stop by my office and pay by credit card.

Indicate which day you want with your check or email me at lindamarshall527@gmail.com or call (707) 292-7925.

* Previous knowledge of heart coherence is helpful, but not necessary. I recommend that you are comfortable sitting in silence 20 to 30 minutes. Please contact me before registering. I am open to offering a review of heart coherence the week before class starts.