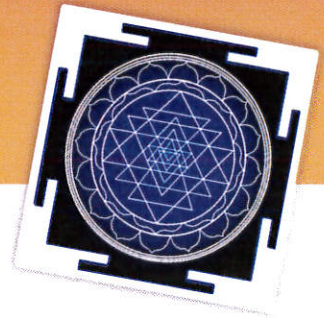


SoulArt Meditation



About Jane Ramsey

I am a local artist and certified meditation teacher with the Chopra Center. With 20 years of meditation experience, I am honored to help my clients create a strong daily meditation practice to help them feel more grateful, vital, energetic, peaceful, joyful and to develop greater abundance and loving relationships in their lives.

janeramsey1@me.com

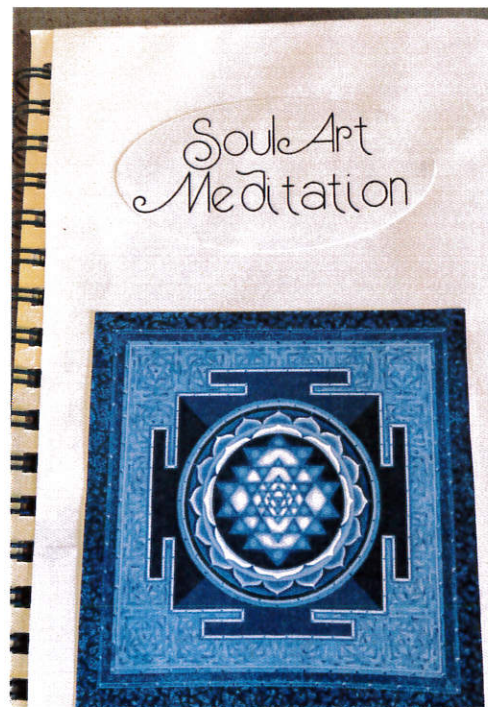
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SoulArt Meditation

SoulArt Meditation is a powerful spiritual, creative practice designed to help you tune in to your own intuition, detach from judgment and enjoy the *process* of creation.

You will create an Art Journal and learn meditation, breathing and creative practices that help you find the courage to explore, stretch, trust your inner guidance, experiment and take some risks. *Class is a metaphor for life*; we all have the ability to use more of our potential and create the life we want. No artistic or meditation experience required.



May 23, 12-4 Michaels in Palm Desert; Register Here:

<https://www.michaels.com/classes-and-events/classroom#id=soulart-meditation-palm-desert>