

Weekly *Satsang* Group Meditation

Keep that "New Year" feeling all year long.



Wednesday 5:45 - 7pm

Begins February 6, 2009

This series of guided meditation is known as a "*Satsang*." *Satsang* is a Sanskrit word combining "*satya*" meaning "truth," and "*sangha*" meaning "group." During *Satsang* group meditations, participants explore inspiring concepts, discuss a variety of spiritual teachings, meditate, and find realistic ways to bring this newfound awareness into daily life. Ultimately, the goal of these sessions is to create an encouraging place within where your intuitive powers can develop.

Nejume Grodziensky, RM DRS CHT works with H2U at the Aventura Hospital and the Comprehensive Cancer Center to offer alternative healing techniques for their patients undergoing treatment. Her Reiki-Guided Meditation classes are an on-going feature at the Comprehensive Cancer Center. More information is available at www.nejume.com.

Her work as an Energy Healing Therapist has many purposes, but follows this singular principle, "We can help one another laugh, love, and enjoy all the wonders of this beautiful world. We can make a difference in the world, leaving it a better place than when we arrived. To do this, we all must contribute as much as we can, and laugh as much as possible, especially at ourselves."

We are fortunate to host such an authority in this unique field. A minimum group of 9 individuals is needed to begin this series. Please reserve your place in advance by contacting the Spa Concierge at 305.944.9160.

Each 72-minute group session is \$54 per person. 10-sessions pre-paid discount is \$486.

**Dress: Casual white attire for the highest energy vibration.
Dress warm for the beach-front meditation (weather permitting).
Warm Chai Tea will be provided.**