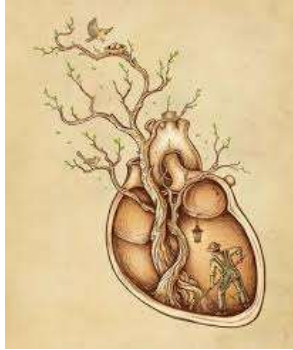


Sufi Heart-Centered Guided Meditation



FIRST FRIDAY OF EVERY MONTH!

“4-Layers of the Heart” Guided Sufi Meditation

In this beautiful Sufi guided meditation, we’ll be diving deep into the silence of our innermost hearts to taste the peace, calm, love, stillness and contentment that are always there beneath the churning surface of our busy minds.

The Sufis say it is only in our hearts that we begin to experience our own divinity. It is the heart that holds the key to the mystery of life, and where we hear the voice of intuition and divine guidance.

Regular practice of this “Layers of the Heart” meditation helps to awaken our soul’s divine qualities, channeling them into our physical bodies and our conscious experience as we move through our daily lives.

Instructor: Joe DiSabatino, M.Ed. studied Sufi healing at the University of Sufism and Spiritual Healing in California.

Join Joe at Yoga in Common, 3062 Deville Street, The Market Common, Myrtle Beach, SC 29577, on the first FRIDAY evening of the month from 7:30-8:15 pm. **Fee: \$10 per person.**

No prior meditation experience necessary. This is seated, guided meditation. Dress comfortably

