

Create Calm, Wisdom and Connection



Experience how awareness of body and breath can be used as a tool even in challenging times to bring calm, greater wisdom and more connectedness.

Come learn to use your breath and body to ease physical and/or emotional pain, and connect more deeply with the state of bliss, which is your true nature.

As an Emeritus Prayer Chaplain, **Denise Ruelas** is grounded in the Unity teachings. Denise is also a certified yogi whose daily practice is built upon her in-depth mindfulness training with Jack Kornfield and Tara Brach. Denise will share how to use your own powerful tools to stay centered and aware regardless of the circumstances.

Denise and friends will provide musical inspiration, experiential exercises, and a guided meditation. **Prayer Chaplains** will be available for Hands on Prayer.

UNITY IN MARIN
600 PALM DRIVE
NOVATO, CA
WWW.UNITYINMARIN.ORG

WEDNESDAY
7:15PM
December 13

COST: Love Offering