

**Note about "Advanced"**- this workshop includes techniques that are of a deep nature, meaning that they target the release of emotions and problems we have, more deeply than my first workshop, which was more of an intro to meditation.

"Advanced" only means going deeper. If you are ready to explore further and release more excess "baggage", feel free to attend this workshop. You can be a beginner too, with motivation and will to learn more. You don't need to be a seasoned meditator or such. I will coach you and guide you in the processes we do, such that it will be clear to you.

This is simply an opportunity to acquire more tools for your own personal development and for the achievement of inner peace, and a workable life on all facets. Thank you and hope to see you there!

# Advanced Meditation Workshop

## Techniques and our Subconscious Mind

We invite you to explore various meditation techniques to take your practice to the next level!

- Overview of the subconscious mind
- Emotional release techniques and processes
- Dealing with the difficulties of meditating
- Experience NLP process
- Osho's Dynamic and Zazen Meditation
- Discover the power of your breath
- Practice mindfulness and stress reduction techniques
- Alleviate chronic problems from headaches to back pain

The spiritual journey of Israel-born Nissim has spanned a lifetime, from his early years studying Reiki and meditation to his four-year sojourn in the Far East, where he developed methods and techniques to honor and expand man's body, soul, heart, and mind. Studying with mystic and healer Osho, Nissim acquired profound knowledge of the human psyche and the body-mind connection and deep intuition. Today, Nissim serves Southern California with his vast reservoir of spiritual knowledge, practice, and wisdom, offering a holistic treatment for his clients.

For more info about Nissim go to: [www.MindYourPowerNow.com](http://www.MindYourPowerNow.com)



WITH NISSIM MALUL  
SATURDAY, JULY 17<sup>TH</sup>  
6PM-10PM

Price: \$45 (advance) / \$55 (day of)

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