

Meditation Workshop



With Nissim Malul

Certified Hypnotherapist

Saturday, June 26th

1:30-4:30pm

Learn simple and basic meditation techniques to get you started on your journey!

Meditation can:

- ◆ reduce stress
- ◆ bring happiness & peace of mind
- ◆ help with concentration
- ◆ spark creativity
- ◆ bring self-awareness & self-actualization

It can also increase your compassion, deepen your understanding of yourself and others, and create a wider capacity for love.



Think more clearly
Gain peace of mind and body
Explore mantras, chakras, & more
Create your own meditation space
Be relaxed, energized, and centered
Practice mindfulness and stress reduction techniques
Alleviate chronic problems, from headaches to back pain

Price: \$40 (advance) / \$50 (day of)
You can register online by signing up for the workshop on our online schedule!

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 at the commune center of legendary Indian mystic and healer Osho, Nissim acquired profound knowledge of the human psyche and the body-mind connection, refining his skills in massage, Zen meditation, yoga therapy, mud-therapy, sun-therapy, breathing and release techniques, naturopathy, and deep intuition. In Los Angeles, Nissim expanded his formidable gifts as an intuitive and hypnotherapist, attending HMI, the first nationally accredited American school for hypnotherapy, studying hypnosis, EFT, NLP. 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

Yoga Yoga

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