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*Spiritual Sustenance for Body, Mind & Soul*

Saturday, Nov. 19th, 2011  
11:00 a.m.—5:00 p.m.  
AVALON MOON, DELHI, NY

# Meditation

## for Self-Healing



**Instructor:** Diana Friedell, certified Metaphysician and Minister through Fellowships of the Spirit, Lily Dale, NY - has been conducting readings and healings for 10 years.

Many of us suffer from chronic illnesses that remain a mystery to our doctors, and take medications that only mask the symptoms (& create side effects) without offering a cure.

In this class, we will look at current science of the mind/body connection. We will affect healing on the physical body, through guided imagery meditations, acupressure, energy healing, and explore the root causes to some of our chronic ailments, in order to let go of them.

Diana will do mini-psychic readings for class participants as time allows. **\$60 tuition** includes lunch.

- Classes will be held at "Avalon Moon", 68 Main St., Delhi, NY 13753
- To Register: Contact Hazel at Avalon Moon 607-746-7389; or E-mail askus@avalonmoon.com

### Highlights

- ◆ Techniques for relieving pain, stress, fatigue, anxiety, depression
- ◆ Meditation to Meet your True Self
- ◆ Accessing your body's ability to heal itself
- ◆ Higher Experience of your own Power
- ◆ Meditation to release past emotional injuries
- ◆ Past Life Regression



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