



Guided Meditation

With Diana Friedell, Psychic Intuitive

More Info: www.tuningin-tuningup.com; 607-433-2089

- Boost your own meditation practice, or start one with a like-minded group.
- Escape from your hectic week!
- Release Stress
- Experience more joy in life
- Improve your health
- 6 Wednes. Sessions—5:30-6:30pm
Sept. 14th, 28th, Oct. 12th, 26th
Nov. 9th, Dec. 14th
- Anyone can meditate! But its easier when its guided & more powerful with a group
- Enhance your intuitive & self-healing abilities

WHERE: Diana's Tuning in—Tuning Up Office, 78 Chestnut St. Oneonta, before Elk's Club
"Diana's calm, soothing voice brought me very quickly to a deeper, transcendent place." C.M., Hartwick

Come to any one session for \$12; or register for all for \$60; call to register 433-2089

Sept. 14th- "Release Stress & Live in Harmony"

Sept. 28th- Envisioning Success: Planting the seeds of your heart's desire!

October 12th — "Cleansing & Clearing Waterfall- rinsing the residual negativity & begin anew with appreciation

October 26th - "A Conversation with your Spiritual Guides"-

Receiving helpful guidance on a current life situation.

Nov. 9th — "Meeting Your Loved Ones in Spirit"

December 14th - "Meditation for Healing physically & spiritually