



Guided Meditation

With Diana Friedell, Psychic Intuitive

More Info: www.tuningin-tuningup.com

- 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
Jan. 12th, 26th, Feb. 9th, 23rd
- 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 \$40; call to register 433-2089

Jan. 12th- "Release Stress & Live in Harmony"

Jan. 26th -"Meeting Your Loved Ones in Spirit"

Feb. 9th— "Cleansing & Clearing Waterfall- rinsing the residual negativity & begin anew with appreciation

Feb. 23rd - "A Conversation with your Spiritual Guides"-

Receiving helpful guidance on a current life situation.

March 9th—Envisioning Success: Planting the seeds of your heart's desire!

March 23rd- "Meditation for Healing physically & spiritually