

# Introduction to **MEDITATION**

*A Workshop with Drew Lawrence*

Saturday, January 16, 2010

10 am - 4 pm

Cost: €100

Place: Enniskerry, Ireland (Whitefield, Deakins Lane, Bahana)

Drew Lawrence, a world-class teacher with clients around the globe, shares 40 years experience in meditation practice and teaching.

Some of the techniques which will be introduced are:

- Relaxation
- Mantra Meditation
- Active Imagination
- Self-healing Meditation
- Creative Manifestation Meditation

**Book Your Place Today!**

Call **+353 1 274.0206** or Email [drewjlawrence@gmail.com](mailto:drewjlawrence@gmail.com)

*“The work was profound, very deep, healing and ultimately expansive for me. Much gratitude for your attentive, skillful, challenging yet sensitive presence.”*

*“I found the workshop to be excellent — great information, thought provoking, and intelligently presented.”*

*“Your workshop showed me that my feelings of lack of fulfillment were due to not being integrated with my subconscious.”*

