

# *Meditation Basics*

## *Everyone's Path to Inner Peace*



with Matthew Stein

@ Bridge Healing Arts Center  
Farmington, CT  
Saturday, February 22

# Path Peace Practice Meditation Mindfulness

**Pasquale De Marco**



**Path Peace Practice Meditation Mindfulness:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Stories of Fearlessness: **Path Peace Practice Meditation Mindfulness** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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