



# INTRODUCTION TO MEDITATION WITH FERNANDO ESCOBAR

SUNDAY, JANUARY 29<sup>TH</sup> | 1-3PM | FREE

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This workshop is the perfect introduction to meditation.

Experience two fully guided meditations, as well as discussion on the history, types, techniques and health benefits of meditating

For those who have always been interested in meditation, but never experienced it - and also for those who think they *can't* meditate.



Fernando has been studying meditation since 1998 and has enjoyed a rigorous practice for over 10 years. Traveling to India on six occasions for meditation retreats, as well as attending a number of local workshops each year has bolstered his studies exponentially. After coming across many people who were interested to meditate, but didn't know how to begin, or felt it was too difficult - Fernando was inspired to teach. Now he specializes in introducing and developing meditation, and his classes focus on meditation as an important element in one's life for the physical, mental, and spiritual benefits.

In addition to his meditation classes, Fernando also practices acupuncture and massage at Raksa.

**Call 310.559.7200 to Reserve your Space!**