

YOU'VE HEARD ABOUT IT, NOW COME EXPERIENCE IT.

# MEDITATION

EVERYTHING YOU'VE BEEN SEEKING  
AND SO MUCH MORE...



SAN JOSE  
MEDITATION

For over 5000 years the greatest minds in history have understood the benefits of meditation. Meditation enables you to connect with your higher self — where energy, creativity and inner awareness are your natural state of being. Come learn about meditation and how to integrate this powerful practice into your daily routine.

**Monday's, Sept 10th – Oct 8th (5 classes)**

**Time: 7:00 PM – 9:00PM**

Location: 1195 Clark St, San Jose 95125

Tuition: \$95 (Satisfaction Guaranteed)

**To register visit [www.SanJoseMeditation.com](http://www.SanJoseMeditation.com) or call Greg at (408) 884-3750**

# HERE'S WHAT OTHERS ARE SAYING



# ABOUT THIS MEDITATION SERIES...



**SAN JOSE  
MEDITATION**

*"Wow! Learning to meditate has really helped me make a powerful shift from doing to just being. I can now clearly listen to the wisdom within and I'm feeling more peace and freedom in my life. The course brought everything I ever learned about meditation to life."*

**~Beth H, San Jose**

*"I have been meditating since 1970. This class is the most effective one I have ever taken. Every day I am feeling more of the love, joy and peace I was always looking for. I can't say enough about this class."*

**~Davie Pfaffle, Author**

*"I've studied Zen and other forms of meditation for over 10 years. This class was the missing piece. It beautifully integrated all the esoteric teachings and brought them into perspective. I finally know what I'm doing and why."*

**~Jean L., San Jose**

Facilitated by **Brett Jennings Greg de Vries**: Brett & Greg have been practicing and studying meditation for over 14 years. As regular guys and successful entrepreneurs, they each have each experienced its lifechanging effects and teach meditation to others seeking a balance between success and fulfillment. Their warm and enthusiastic approach to meditation makes your learning experience fun and enjoyable.