

BEGINNER MEDITATION CLASSES

4 week course held 1 night per week
TUES or WED or THURS evenings
7-9 pm (daytime classes also available)

at
152 East Main, Jerome ID
or 276 Eastland Dr. N., Twin Falls

call 208-539-6950 or
email sandrabernsen@gmail.com

Cost: \$80 per student
MasterCard, Visa and PayPal accepted



Learn to quiet your mind.

Find inner peace.

Live with more ease, less stress and
more joy.

-Make a 4 week commitment now and
enjoy the benefits.