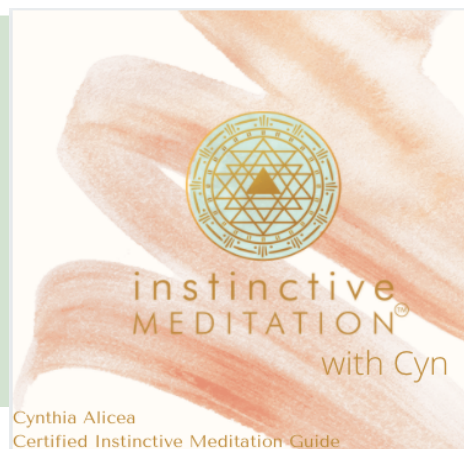


Everything in the Universe is
within you. Ask all from yourself.
(Rumi)

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What's Happening?

An exciting change is coming; *Instinctive Meditation with Cyn* will arrive in a different format. After completing my recent "Introduction to Instinctive Meditation" classes, I listened to my participants' feedback. Valuing their insight and point of view, my sessions will be shorter. Now there will be just three classes in a Session instead of seven. Participants will have the option to sign up for all the classes or pick and choose. And, all classes will be videoed and private links will be provided to all participants, so should you not be able to attend a class, you will still have the opportunity to view the video.

Find more details on page 2.

Who Are You?



Artwork: CLAlicea

REMEMBER THAT YOU ARE WATER.

Cry. Cleanse. Flow. Let go.

REMEMBER THAT YOU ARE FIRE.

Burn. Tame. Adapt. Ignite.

REMEMBER THAT YOU ARE AIR.

Observe. Breathe. Focus. Decide.

REMEMBER THAT YOU ARE EARTH.

Ground. Give. Build. Heal.

REMEMBER THAT YOU ARE SPIRIT.

Connect. Listen. Know. Be Still.

Attributed to:
Beautiful Mess – A Women Connection Group

When you do things from your soul,
you feel a river moving in you, a joy. (Rumi)

More about the Upcoming 3 Week-Session Format:

- In early February, *Instinctive Meditation with Cyn* will open registration for a 3-class session.
- The following Meditations will be offered:
 - Breath of Compassion on February 17th
 - Instinctive Meditation Chakra Scan on February 24th
 - Music Meditation on March 3rd
- You may sign up for all three or pick and choose the one(s) you want.
- There will be 3 separate rates:
 - Core Group (those who volunteered to be recorded for my final)
 - Repeat Participants (those who have completed one session)
 - New Participants (those who are new to program)
- When you fill out the registration form and submit payment, you will receive the link for the live-Zoom class. And several days following the class, you will receive a private link to the video.
- The video will remain active for 3 weeks after the link is first posted.

For more Information and/or to Register, please visit: mindfulmovesllc.com