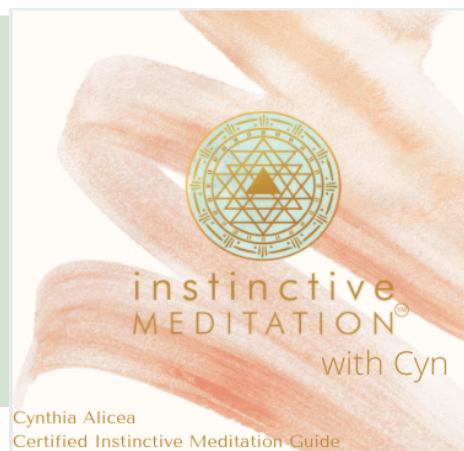


*Everything in the Universe is
within you. Ask all from yourself.
(Rumi)*

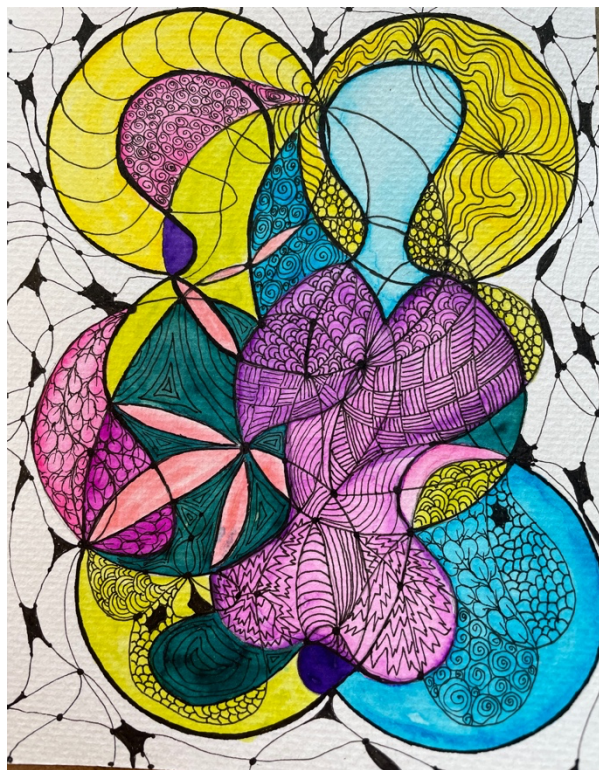
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What's Happening?

Just completed a 3-class Session. The new format went well. Just as described, attendees had the option to attend the Zoom or if life circumstances made it impossible to attend, a link to the video was provided. Presently gearing up to begin another session beginning April 7th.
Find more details on page 2.

Who Are You?



Artwork: CLAlicea

*“Learn how to see.
Realize that everything
connects to everything else.”
Leonardo da Vinci*

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

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More about the Upcoming 3 Week-Session Format:

- In late March, *Instinctive Meditation with Cyn* will open registration for a 3-class session.
- The following Meditations will be offered:
 - Bhavana Meditation on April 7th
 - Presence Meditation on April 14th
 - Senses/Movement on April 21st
- 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 if you were unable to attend the class.
- 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