



MEDITATIONS, DISCUSSIONS AND PRACTICES FOR

- self-empowerment
- expanded spiritual awareness
- developing a clearer connection to your inner guidance & higher wisdom
- discovering & living in alignment with your spiritual path & purpose

Each month will be a fresh meditation and focus around these general principles.

Recordings of the guided meditation of the month are provided free of charge for attendees, for daily practice.

This weekly group is facilitated by Valentina Alvarez and Erin Bannink. Our vision & intention is to provide a positive and supportive community to explore and expand our spiritual experience while, together, developing an appreciation for the power of our words, attitudes and efforts in creating a happier world for ourself and others.

Erin Bannink is a board certified veterinary oncologist, veterinary acupuncturist, and certified yoga instructor who enjoys exploring the esoteric side of life with awe and wonder. She has intensively studied Tibetan Buddhism, Yoga philosophy, inner body yoga, and independent and intuitively guided spiritual practices since 2003. Her life journey has nurtured an appreciation for the rich overlap of our complex realities. Her spiritual approach is heavily influenced by her personal experiences navigating these studies and practices, and the internal guidance which has developed because of that journey. It is through a path of empowerment, responsibility and love that we will come into our full expressions and live the life of our Dreams.

Valentina Alvarez is the mother of two wonderful insightful kids, and the wife of an incredibly supportive husband. She started her yoga practice in 2002, but it wasn't until 2008 that she started her formal inner journey. Valentina started studying Tibetan Buddhism in 2009, which sparked a strong interest in the subconscious, and the opportunity to explore the vast potential of inner growth that can be accessed through concentration techniques including meditation and "spiritual" hypnosis. She trained with Dr. Brian Weiss, studying intuitive exercises and hypnosis techniques, with the hope of achieving a successful connection with her higher self. She currently works as an entrepreneur, graphic designer and Spanish translator.

STARTS JANUARY 17

Every Tuesday 7:45 - 9pm

Cost: \$10 drop in, or purchase a package of 11 visits for \$100