

# Expand Your Awareness



During these times, when we are facing the challenges of an uncertain world, tremendous strength, peace and calm can be found in the deepest essence of your being. Expanding that inner strength is essential to your well-being.

Join us for this important event, with topics including:

- ◆ The Power of Thoughts, Words and Feelings
- ◆ Cultivating Inner Strength
- ◆ Natural Wellness: Tips and Preparedness for these times
- ◆ Visualization is a Powerful Tool
- ◆ Finding Gratitude Opens the Heart to Greater Awareness



The School of Royal Yoga  
908-879-9648  
RoyalYogaNewJersey@gmail.com  
TheSchoolofRoyalYoga.com

**Sunday January 10**

**12:00 – 1:30 pm**

**Pre-registration is required**

**Fee: \$29.97**

(Members receive 10% discount)

To register, please call or email The School of Royal Yoga.  
Registration must be received by 11 am on Sunday January 10.

Registered guests will be emailed a link to connect  
to the seminar via Zoom.