

BEATLES YOGA

LED BY CARY BAYER,

Author, *Meditations on Enlightenment*,
Founder, Higher Self Healing Meditation,
Former Teacher of Transcendental Meditation & Trainer of TM Teachers

YOU'LL LEARN

- How Beatles' songs can give you a clear understanding of your Transcendental Self's true nature, and a glimpse into Enlightenment
- The liberating benefits of contacting that Self regularly, and how meditation can enable you to do just that
- A relaxing breathing technique that can enliven vital energy every day

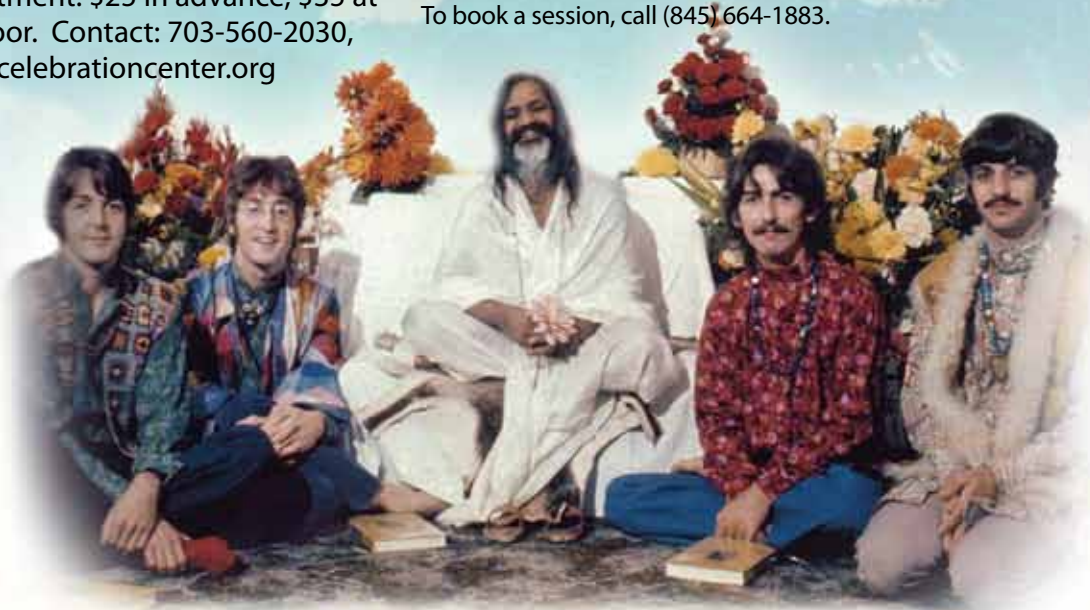
Sunday September 30

1:15—3:45 PM

Celebration Center for
Spiritual Living

2830 Graham Rd., Falls Church
Investment: \$25 in advance, \$35 at
the door. Contact: 703-560-2030,
www.celebrationcenter.org

A former teacher of Transcendental Meditation and trainer of its teachers, Cary Bayer founded Higher Self Healing Meditation in 2010. He's the author of *Higher Self Meditations*, and *Beatles Yoga*. A life coach, Cary has also worked with Oscar-winners Alan Arkin and Pietro Scalia, Emmy-winners David Steinberg and Judy Henderson, and Quality Inns. His Breakthrough Coaching helps people create breakthroughs in their relationships, finances, careers, and spiritual lives. To book a session, call (845) 664-1883.



"...the time will come when you see we're all one,
and life flows on within you and without you..." — THE BEATLES