

INTRO INTO SPIRITUALITY



S a t u r d a y , j u n e 2 0

6:30pm @ Elevate Yoga

Join **Chase** with **OAM Meditation** in exploring your own mind, body and energy.

During this time together we will:

- ➔ Learn what is meditation
- ➔ Explore your mind (and what it's made of)
- ➔ Contact your energy system
- ➔ Learn AUM chanting as a group
- ➔ Purify your system with Kriya Yoga

This class is designed for people that don't meditate; however, all are welcome to join.

- ➔ Bring yourself in loose, comfortable clothing
- ➔ Empty stomach is ideal for best results
- ➔ A meditation cushion or yoga mat is recommended
- ➔ Suggested donation of \$10

If you have any questions or concerns or if you will be more than 5 minutes late, please text / call Chase @ 623-282-4535

About Chase Storm Gielda:

Chase is a certified meditation coach with two-years teaching experience. His methods stem from no faith or tradition, all of his teaching is based on inner-experience. Chase offers a curriculum that is raw, fun, and self-exploratory. With confidence and guidance he delivers a purely experiential introduction into the inner-sciences of the human body and mind. His vision is to give people the tools to awaken themselves onto their own path.