

SOURCE YOGA PRESENTS:

# Intro to Meditation With Angi Donovan

## Intro to Meditation

A 4 week series for beginners  
and experienced practitioners

Dates: 4 Sundays

March 7-28th

Time: 7-8pm

Cost: \$45

(10% off for members)



## SOURCE YOGA

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Illuminate your inner world through mindfulness meditation on Sunday evenings with Angi Donovan. Each week we will play with and practice different techniques of coming into the present, giving you the opportunity to find which works best for you. There will also be time for group discussion and questions. It is open to those just beginning as well as those who are looking to deepen their existing practice. So tap within and bring balance and peace into your everyday life!

Week 1: Anchoring Your Attention

Week 2: Awakening Your Senses

Week 3: Meeting The Moment

Week 4: Holding The Space

**Angi Donovan** has been practicing Meditation and Yoga since 2000 and teaching since 2004. She was first trained and certified through Radiant Health Yoga in Olympia, WA and has also completed the two year Immersion and Teacher Training program of Anusara Yoga in Seattle, WA. She believes the practice of meditation is just as essential and as nourishing to our daily lives as is the light of the sun and each day we give to the light within, we brighten each moment there after. Her meditation teacher, Amma says "There is never a moment of meditation ever wasted."