

You're Invited!

EVERY WEDNESDAY, ONLINE, 8AM PACIFIC

Mid-Week Rest & Reset GUIDED MEDITATION



What: A beginner-friendly practice, combining mudra & visualization techniques.

Why: Free yourself from mid-week doldrums, find clarity, & re-energize for the rest of the week.

Come once, come every week, come when you can!



LEARN MORE
amagipath.org/mid-week-rr



ADD TO G-CAL