



A special offer of timeless wisdom and techniques from the Himalayas

Individual or group Skype sessions with Heidi

As you may know, I returned to live in India last May, after seven wonderful years in Vancouver teaching meditation and Self awareness. My own studies here in the Himalayas continue to enhance my awareness and hone my skills to live and apply the power of peace that comes through meditation.

Over the last year, I have had the opportunity to provide clear and practical guidance in meditation and higher thinking through Skype sessions. To encourage you to add depth and regularity to your own meditation and self study, I have created some special packages which are listed below.

Individual sessions are completely tailored to your specific needs or questions.

Group sessions are tailored to the specific study wishes of your group.

In addition, I can design a course to study a scripture or topic of your choice. (This is useful if you are a yoga student or in teacher training.)

Benefits of individual or group Skype sessions

- By including meditation and higher thinking in your daily life, you directly access your own clarity and freedom.
- This clarity and freedom can be applied easily in all your life situations to create more peace, happiness and fulfillment for you and your world.

You will:

- Ask your questions – get practical answers
- Receive practical tips for bringing spiritual growth into your day-to-day life
- Deepen your understanding
- Develop and mature your meditation practice
- Strengthen your inner awareness

Special Discounted Rates For Individual Coaching Sessions and Group Satsangs!

Individual sessions (webcam or phone):

4-session package for \$400

Regularly \$125 per session – ***Save \$100!***

Note: Includes one free follow-up email exchange

Group Satsang Sessions (webcam or conference call):

Package of 6 sessions

6 session package for \$1200

Regularly \$225 per session – ***Save \$150!***

Regular Individual Sessions

One private session (webcam or phone):

\$125 per session

One Group Satsang Session (webcam or conference call):

\$225 per session

Email me to set up a session or if you have any questions. I look forward to talking with you soon!

With love and oneness,

Heidi

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