

# Exploring the Mysteries of Your Heart

*Through journaling, meditation, energy, music, poetry and yoga*

Facilitated by Melanie Williams, R.M.



**Sunday, February 13th • 5:00–7:00 PM**

**Cost: \$40**

**Location: Sun Moon Yoga Studios**

**Please bring your yoga mat**

**Questions? Melanie: 345-3619**

*“The heart needs no reason.”*

*On this Valentines Day come and spend time within the greatest love story of all. The love your heart wishes you to awaken to is the love of self. From the magic of this first love comes deeper and real love with others. Come to open your heart, to feel its purity, its desires, its guidance. You will not be disappointed.*

*Your heart is calling you.*

Exploring the Mysteries of Your Heart Registration Form

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Check # \_\_\_\_\_

Mail to:  
Sun Moon Yoga Studios  
635 S. Front St., Mankato, MN 56001  
Phone: 507.387.6600