**Lightways Meditation Series**

**Judith Andrew,**

**Mindful Meditation Facilitator**

**For the past 14 weeks, Lightways has offered weekly meditations and processing. If you would like your individualized session, OUTSIDE, please call to make an appointment. We will meet at the store, with masks and walk to the Erie canal for a quiet, private meditation session, 60-75 min.**

**Call Judy, 585-381-8760, Cost $25.00, buy 4, get 1 free~ pay at the store.**

**SIMPLE, Choose your topic(s) and Call!**

**RAIN Technique for Compassion**

**Breath work, Lake Meditation**

**Tapping & Anxiety**

**No Mud, No Lotus**

**Gratitude & Grace**

**Be The Mountain**

**Rising Strong**

**Align Your Core Light w/Angels**

**Gifts from 9 Angels**

**Creative Visualization**

**Peace, Prayers & Practices**

**Chakra Healing & Balance**

**Radical Forgiveness**

**Animal Spirit Guides**