

confidence 4 life

with Samuel

**Becoming Energized, Calm, Present & Clear
with Dynamic Mindfulness & Breath Intelligence**

**Saturday, February 28, 2009, 4:00 - 7:00pm
at Friends In Deed
594 Broadway (bet. Houston - Prince) #706
(Suggested donation \$20)**

**“We are the ones we have been waiting for”
Hopi Elders, Barack Obama**

**“My job is breathing-love into separation-anxiety.
Transforming Energy Crisis into Clear Energy: Noticing
stress. Summoning the breath. Aligning with the
pulsation of life. Finding the inner-smile against all odds.
Dancing with confidence. Practicing: How can calming
my world – contribute to a calmer world?”**

Samuel Kirschner



**Visit the Gym 4 the Soul
On line at www.livinginthepresent.com
Email: info@livinginthepresent.com
join: www.worldconfidants.com
Telephone: (212) 683-0219**