

confidance

*Get Energized, Calm, Present & Clear
With Dynamic Mindfulness & Breath Empowerment*

Saturday, February 28, 2009, from 4:00 - 7:00pm

at Friends In Deed

594 Broadway (bet. Houston - Prince) #706

\$20 (bring a friend \$15)

"We are the ones we have been waiting for"
(Hopi Elders, Barack Obama)

"Notice your stress, summon your breath,
restore your **confidance**
with Dynamic Mindful Breathing, Moving, Thought Investigation,
and Dialoguing."

Samuel J. 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