

2012 Your Year of Meditation & Transformation

Increase your Intuition and Transform! Group Meditations lend a powerful energy to your life on so many levels. Giavonne guides you through a year of meditations for beginners and seasoned practitioners. Each meditation workshop builds around a topic of Intentional Focus, engages in Discussion and Guided Exercises, followed by silent Meditation. Giavonne has successfully facilitated Creative Intuition workshops for over 15 years. Pick your favorite meditation topics or benefit from all of them. You won't be required to bend like a pretzel.

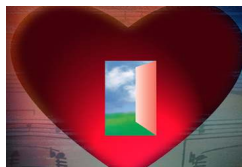
Sundays, 12:30 – 2:00pm, \$15



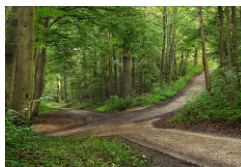
JANUARY 8: Mind Spa



JULY 1: Living In The Flow



FEBRUARY 5: Open Heart



AUGUST 5: Resolve, Direction



MARCH 4: Healing Love



SEPT. 2: Guides, Angels



APRIL 1: Mindful Eating



OCT. 7: Those Crossed Over



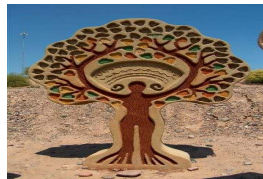
MAY 6: Blossoming



NOV. 4: Letting Go, Release



JUNE 3: Peace



DEC. 2: Tree Of Life

Please call 425-885-7289 with your name and telephone number to register.

Classes held at: **Stargazers Metaphysical Gallery & Bookstore**

12727 Northup Way Suite #10, Bellevue, WA 98005

425.885.7289 <http://www.stargazersbooks.com>

Learn more about Giavonne at www.giavonne.com, and be sure to tune-in to:

KKNW 1150AM, Monday Mornings at 9am!

Giavonne co-hosts "It's Not Just You! (we feel it too!)" a radio show that reviews how current events in the news, astrological and energetic influences may be influencing you, and offers you thoughtful guidance for the week ahead. Archived shows are also posted to the KKNW Website each week.