

EXPERIENCE HEARTFULNESS

FREE WORKSHOP IN COLLABORATION
WITH THE HEARTFULNESS INSTITUTE &
ASIAN AMERICAN RESOURCE CENTER

Come and join us for a
practical workshop on
Heartfulness Meditation, and
learn simple and effective
relaxation and meditation
techniques to de-stress, calm
your mind and improve the
quality of your life!

SATURDAY, 5.28.2016 | 2:00-3:30 PM
FREE ADMISSION AGES 15 AND UP
ASIAN AMERICAN RESOURCE CENTER
8401 CAMERON RD. | AUSTIN, TX 78754
WWW.AUSTINTEXAS.GOV/AARC

To RSVP: www.tinyurl.com/hfn-atx
austin@heartfulness.org or 512-763-5116



THE CITY OF AUSTIN IS PROUD TO COMPLY WITH THE AMERICAN DISABILITIES
ACT. IF YOU REQUIRE SPECIAL ASSISTANCE FOR PARTICIPATION IN OUR
PROGRAMS OR USE OF FACILITIES, PLEASE CALL 512-974-1700.

