

Silent Meditation for Peace & Unity with Kathleen Swinbourne

Sunday January 1, 2017 4:00 - 5:00 pm

Maine Hatha Yoga
49 Dartmouth Street, Portland, Maine

The world can always benefit from more peace and unity. Kathleen is offering a time for meditation for those who would like to collectively sit and breathe together with the intention of welcoming in as well as sending out the vibration of peace, unity and love.

All are welcome.

Let us come together and be in community.

Donation only. Proceeds benefit the Immigrant Legal Advocacy Project (ILAP).



KATHLEEN SWINBOURNE

“I’m a clairvoyant, yoga teacher, reiki master, massage therapist, spiritual enthusiast, youngest of 5 and devotee of daily laughter and love.

As a passionate servant to humanity, I’ve combined my family love, consistent study and years of training to offer my clients a variety of modalities to support them on their soul’s journey. I believe the secret to living a meaningful life is to spend time finding out what makes us the happiest and then serve that gift to the world. It’s my goal to help others identify their uniqueness and feel the inspiration to let their light shine!”

MAINE HATHA YOGA

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