



Aurafitness Presents

Heartsongs for the Soul:
Listening Deeply in a Noisy World

Eileen Wiard
Thursday, June 22nd
6:30 – 7:30 PM

An evening of calm and inner stillness where we can quiet the noise in our heads and pay attention to what our spirits are trying to say to us.

We'll begin with a brief discussion about silence in our lives, where we find it and what it means to us followed by a short, but sweet guided meditation. I will then share a few of my songs which come from this place of interior wisdom. My intention for the evening is to provide an experience of how accessible and available the inner wisdom we all carry inside of us can be! Please join me.

Eileen Wiard (singer/songwriter, author, spiritual director)

\$10 suggested donation or pay what you can.
Aurafitness 1337 Gusdorf Road (South end)

Space is limited, please call Eileen at 575-770-0312 or email ekwiard@gmail.com to reserve by Wednesday the 21st.

