

AWAKENING THE HEART

Float in a blissful sound bath of musical chanting

Learn different practices for clearing the heart chakra, activating Life Force, and entering a meditation of joy and sweetness.

Sunday October 13th
12pm to 1:30pm
at **Unity of Centralia**

Bask in the holy vibrations of mantra music and reverential sound of the harmonium, calling forth the awakening of the soul. Brian speaks in a dynamic way about the nature of Truth and Existence.

As a wandering monk, Brian has held hundreds of these “satsangs” at yoga studios, churches, and spiritual centers all over the US and Canada. Satsang is an immersion into profound states of consciousness through energy healing, mystical mantra, sweet harmonium music and guided meditation.



More about Brian at
www.stirtheheart.com

Follow him on Facebook at:
[Satsang with Brian Lottman](#)

Love Donation: \$30
(no one turned away)

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