

# QuietStar Meditation Courses

- Connect deeply with Spirit
- Access Inner Guidance
- Rejuvenate in the Quiet



We will explore active and receptive meditation techniques, guided visualization and special tricks to relax the body and mind.

## Breath ~ Essential Oils ~ Sound ~ Energy

Appropriate for all levels of experience, including beginners.

Next Course: 3 Wednesdays,  
August 7, 14, 28, 2013  
Facilitated by Elaina Geltner.  
\$85 [early \$72.25]

Elaina has been meditating forever, it seems.

In her Master's program in Transpersonal Psychology many years ago, a teacher asked: "Who meditates 'wrong'?" Everyone raised their hand! However, any meditation is surely better than no meditation, and I don't think there is a "wrong" way to do it!

Let's explore together a bunch of tools and techniques to find out which ones you like enough to do on a regular basis! If your mind needs to "help", we've got things for it to do,

Don't worry if you can't sit still...moving meditation might be for you. Essential oils go directly to the primitive brain and can create relaxation and spiritual connection without the conscious mind.

I believe in this time of profound change and awakening, that our ability to connect with Spirit and our deep Selves is crucial for us to follow the urgings of our Souls.

Rev. Elaina Geltner's complete bio at  
[QuietStar.org/Elaina](http://QuietStar.org/Elaina)



## QuietStar Center for Transformation

11549 Los Osos Valley Rd. #109  
San Luis Obispo, CA 93405  
(805) 783-2662

Registration link on website:  
[QuietStar.org](http://QuietStar.org) or call us!

### QuietStar is dedicated to

personal and planetary evolution through transformational work, creative expression and community-building. We embrace diverse paths to Spirit, Love, and Enlightenment, and invite you to explore and create your own personal brand of spirituality.

[Facebook.com/quietstar](https://www.facebook.com/quietstar)