

## The Tree of Health Center offers Sanctuary Meditation Workshop

Source: The Tree of Health Center, LLC

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NEWTON, N.J. -- Learn to access and work with your higher self from whom you can regularly obtain answers to simple, everyday questions and receive guidance and assistance with life's challenges and difficult questions. On Friday, Dec. 27, The Tree of Health Center will offer a Sanctuary Meditation Workshop. This two hour class runs from 7-9 p.m. and only costs \$25. This is a great introduction for beginners or advanced students to enhance your current meditation practice.

This Sanctuary Meditation Workshop can help reduce stress and improve physical health. It can also aid in building your intuition. The workshop can increase your ability to manifest and know more about who you truly are. You will learn to connect with your higher self and relax and rejuvenate in a sacred space. Finally sanctuary meditation can help build a foundation for spiritual practice and discover your life purpose and how to express your greatest creativity

Join this fascinating meditation session as handed down by the Mystery School tradition for thousands of years. This workshop gives you tools for a peaceful and restorative meditation practice. You learn proper breathing, how to open your chakras, and consciously move your awareness to a heightened state. You will also meet your Higher Self in this meditation which helps strengthen your connection to inner guidance and spirit. We invite you to join us in the peaceful meditation at The Tree of Health Center on December 27th. To register, please email [info@thetreeofhealthcenter.com](mailto:info@thetreeofhealthcenter.com) or call (973) 500-8813.

### About The Tree of Health Center

"The Tree of Health Center" is a community rooted center that takes into consideration that there are many ways to grow, heal and stimulate self-awareness for a healthy mind, body and spirit. The goal is to bring together the best of Natural & Modern Medicine and bridge the gap between all healthcare traditions. Everyone at the Center helps you to facilitate a healthier lifestyle, stronger relationships, and a sustainable future for the health and welfare of our worldwide community. Visit <http://www.thetreeofhealthcenter.com> for current events, updates and to join the community.

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