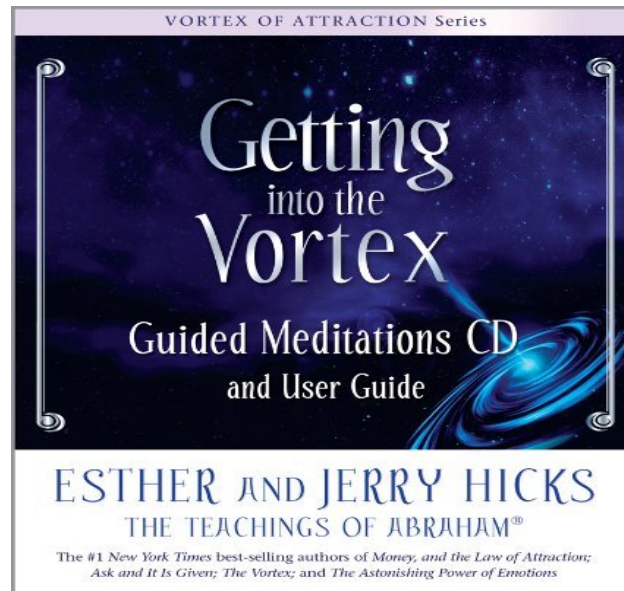


# Getting Into the Vortex

Thurs., Nov. 3-Dec. 15

10:00-11:30 am



Join Ariel Rahima in the Fillmore Wing  
for this unique opportunity to simply  
**relax, breathe, and refresh**  
just for the pleasure of it.

This experience includes  
four 15-minute guided meditations from the  
*Getting into the Vortex Guided Meditations CD*  
by Esther and Jerry Hicks which focus on  
General Well-Being, Financial Well-Being,  
Physical Well-Being, and Relationships Well-Being

Bring a yoga mat if you have one.  
Drop-ins welcome. Donations accepted.

**Unity of the Valley ♦ 3912 Dillard Rd ♦ 541-345-9913**