

ExpandFullness™ Meditation Series

Taught by: Nancy Evans RN, BSN, CH

Does your “busy brain” distract you when using traditional meditation techniques?

Would you like to learn how to navigate pristine levels of higher energies in your meditations?

Do you wish to expand your inner energetic awareness so you can more easily stay calm and centered?

If so – this class is for YOU!

This fun, inspirational series is designed for both beginners and more advanced meditators. It will help you experience expanded new heights of awareness and inner peace.



Classes held Monday evenings, May. 6th, 13th, & 20th from 6:30 to 8:15 p.m.

\$95.00 for full series. Please plan to attend all three for the most rich experience!

ABOUT YOUR INSTRUCTOR:



***NANCY EVANS** had long been a leader as a Registered Nurse in the traditional medical community before moving to Colorado in 2004 where she discovered the world of energy work and brain integration therapy. In 2006, Nancy and her husband Robert launched Open Pathways to Learning, LLC through which hundreds of children and adults have been helped with stress and learning challenges.*

In 2011, the Evans' launched Fort Collins CommUnity Acupuncture with the mission of “Affordable Wellness” that has provided over 50,000 acupuncture, massage, and energy work sessions to date.

Nancy's private practice has transitioned over the years to working with people who are seeking help with stress and removing blocks that keep them from creating the life they desire. She has had the good fortune of studying for more than 30 years with Master Spiritual Teachers who have helped her immeasurably along her spiritual journey. Nancy is delighted to teach meditation, energy work and spiritual growth classes with her husband, Robert, joining in from time to time!

YOU WILL LEARN AND EXPERIENCE:

- ✚ How we live within the midst of various energy frequencies, how you can recognize them, and how you can navigate to where you want to be with ever-expanding awareness
- ✚ The energetics of your physical body
- ✚ How to work with your chakra energies for self-healing
- ✚ The power of meeting fear with Love
- ✚ ...and much more!

Register online at: www.communityacu.org/expandfullness-meditation-rsvp.html

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