

Awakening The Heart

an eight week class with Brett Koon

Thursdays beginning October 6, 2022

7:30 p.m. – 8:30 p.m.

In Person & Online via Zoom

Register at www.interfaithspirit.org

Suggested Love Offering \$85 for all 8 classes

Any offering amount is gratefully accepted, all are welcome to attend.

Description: This 8-week class is a combination of meditation, discourse and conversation to help us return to the true nature of who we are. It is cumulative, with each session building upon the last, so it's best to attend as many classes as possible. The class will be approximately 1 hour long, but you may want to leave extra time in case the discussion or questions last longer. It's best to not eat, or to eat lightly before attending and to join with a sincere desire to move beyond the limited self.



BIO: Brett is a Meditation Teacher, Inspirational Speaker, and Life Coach. He has been meditating for 30 years and draws upon this experience for most of his teachings. You will find him to be honest, open, and committed to his path of Awakening and supporting others in doing the same.

To register for in person attendance go to <https://rsvp.church/r/pI4u8kI2> and pay for the class at the door.

To attend via zoom go to <https://interfaithspirit.org> and select the payment button associated with this class. The zoom link will be sent to the same email address you used for your payment.