

**Health  
Fitness  
Wealth  
Business  
presents**



**Whats  
Knowledge  
Without  
Character**  
  
One on one  
plus group  
meditation  
sessions  
available;  
appointment  
required.

## **Explore the Mind/Activate the grind Meditation practice**

Where we train the mind so the  
body can follow.

**First meditation session:free**

2nd session and beyond:\$10 drop in

Message or Contact Clifton Pope at 361-765-4760  
for more details on classes or additional sessions