

Amba Yoga Center Presents

# Limitless Possibility

Meditation & Mindfulness Series with Ken Taub

**Tuesday Nights at 8 PM**  
**Starting April 16, 2019**

**First Series:** April 16, 23 & 30 May 7, 14 & 21

**Second Series:** September 17 & 24 October 1, 8, 15 & 22

**IT IS POSSIBLE** to alter our reactions to life's upsets... steady our minds... and steady our course. We can, in fact, move from anxiousness to awareness, from holding on tight to letting go, and from stress to breath.

**COME JOIN US** for a 6 week adventure in guided meditation & visualization, quiet Zen-style sitting, some breath work, insight, and discussion. It will be equally peaceful and stimulating, enjoyable and empowering.

**Each class:** 1 ½ hours on Tuesday nights, 8:05 -9:35 p.m. It is suggested that you are able to attend at least 5 of the 6 classes in each series.

**Cost:** \$125 per 6-class series, \$225 for both series (pre-paid). 10 people minimum per course and 16 people maximum. **SPECIAL OFFER:** \$195 for 6-class series & 10 yoga classes!

**First Step:** Sign up... on the [www.ambayoga.com](http://www.ambayoga.com) website or with Lesa Kingsbury at Amba.

**About Ken Taub:** Ken is a longtime student of Asian Philosophy, particularly Zen Buddhism. He received his degree in Chinese Studies at UC San Diego, and is the author of Waking Up in America, a metaphysical memoir and book of insights. He is currently a freelance copywriter, content provider and creative director. Contact Ken with any questions at: [kenja@optonline.net](mailto:kenja@optonline.net)

