

# AWAKENING THE HEART

## Healing through forgiveness and meditation

Learn different practices for clearing negativity, activating Life Force, and entering an inner world of joy and sweetness.

**Saturday April 13th**  
**2pm to 3:30pm - \$40**  
**at Seeking Solace Yoga**

Bask in the holy vibrations of mantra music and reverential sound of the harmonium, calling forth the awakening of the soul. Brian speaks in a dynamic way about the nature of Truth and Existence.

As a wandering monk, Brian has held hundreds of these “satsangs” at yoga studios, churches, and spiritual centers all over the US and Canada. Satsang is an immersion into profound states of consciousness through energy healing, mystical mantra, sweet harmonium music and guided meditation.



**More about Brian at**  
[www.stirtheheart.com](http://www.stirtheheart.com)

Follow him on Facebook at:  
[Satsang with Brian Lottman](#)

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