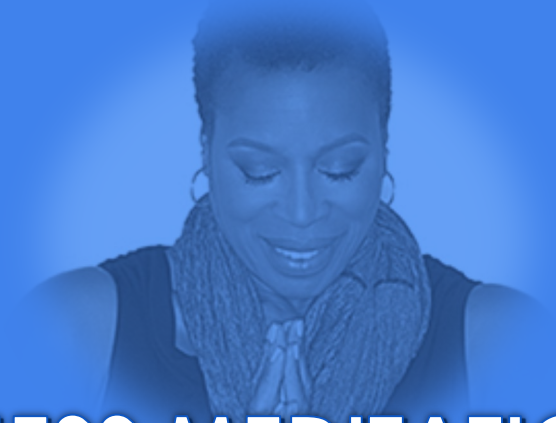




ASPIRE  
TO  
HARMONY

LOVE, LEARN, LAUGH, LIVE



# MINDFULNESS MEDITATION

Learn to be in the moment through breath and awareness

The demonstrated benefits of meditation have helped remove the stigma of unconventional “woo-woo” healing methods, such as spirituality, mysticism, and alternative medicine. Additionally, meditation can take many forms: a sound, a simple movement, or a single point of mental focus, which still the mind and enable us to connect more harmoniously with the world around us.

HEAL

RELAX

REJUVENATE

Sound is all around us and specific sounds can provide tools that heal, relax and rejuvenate. This workshop includes spoken guided meditation and the Crystal Bowl experience of being in a sound bath of peace and tranquility.



**Aida Johnson-Rapp** She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed improv and storytelling on stage at The Second City in Chicago. She is the CEO and Founder of Aspire to Harmony, a company devoted to creating rituals for cycle of life celebrations, weddings, movement, wellness and workshops that support mindful solutions for living your best life.

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Aida offers other workshops including, 'Storytelling', 'Improv and Improve' "Journaling for Self Discovery", team building retreats and several more.

Go to [Aspire2Harmony.com](https://www.aspire2harmony.com) for more information