



# Max *Meditation*

Meditation can bring you peace from the chaos that's in your mind. These cluttered thoughts are stopping you from living your best life.

The Max Meditation System™ was developed by Modern Mystery School Founder Gudni Gudnason after travelling the world for the last 35 years exploring the phenomena of the mind. A complementary blend of ancient methods learned from prominent teachers in India and Tibet, this system is designed to truly teach you how to get the most out of your meditation practice.

Join us for a fusion of ancient techniques of yoga and mind acrobatics, mixed with modern techniques of psychology and NLP making this the most effective system to reduce stress and pain, enhance your energy, vitality, well being and so much more.

**Sunday 11th May 2025 - 10:00hrs**

**A 1 hour in-person guided seated meditation.**

**£8.00 per person.**

*Training for this technique received from*



**Crosby on Eden Parish Hall,  
Carlisle, CA6 4PN.**



**SOUL SERENITY**

Crystal, Aura and  
Hermetic healing