

# *Rev. Anne Marie Appleton*

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**www.SpiritedLife.ca** email: [astralanne@gmail.com](mailto:astralanne@gmail.com) or [facebook.com/rev.anne](https://facebook.com/rev.anne)

Services: Meditation Teacher; other metaphysical services, incl Tarot readings, Astrology Reports, Spiritual Life and Intimacy Coaching, and Event Organizing



## **SUNDAY SESSIONS**

## **GUIDED MEDITATIONS**

You are invited to join me on Sunday nights, for  
a soul-nourishing GUIDED MEDITATION that will take us on a

***DEEP AND RELAXING INWARD JOURNEY.***

**Each Sunday will be unique, following a similar flow.**

**No meditation experience necessary.**

Wear something comfortable and  
plan to be in a quiet location if attending on Zoom.

*I'm looking forward to seeing you.*

***Please, INVITE a friend if you like!***

**WHEN: Sunday evenings, 7 pm - 8 pm (pacific time)**

Runs Nov. 5/23 – Dec 17/23, Continues Jan 7/24 – Mar 31/24

**WHERE: My Home, 1645 Morden Rd, Nanaimo,**

**PRE-REGISTER please for PHYSICAL SPACE – 8 to 10 seats available**

**AND ... On ZOOM – please contact me for the link ☺**

*(Zoom app not required, but convenient)*

**COST: \$5-20 sliding scale by e-transfer**

**(pay what you can, send to [astralanne@gmail.com](mailto:astralanne@gmail.com))**

For more info, **call/text Anne at 236-238-1172 or**

**email [AstralAnne@gmail.com](mailto:AstralAnne@gmail.com)**

***“Cause we can never be over meditated! Right?!” ~Rev. Anne***