

**Giving Thanks &  
Celebrating Abundance  
FULL MOON MEDITATION  
with Double Gong Ceremony  
Thurs., Dec. 3rd - 6:45 - 8:00 pm**



*Join us while we give thanks and celebrate abundance!*

This special gathering will take advantage of the abundance of spiritual energy emanating from the full moon.

The evening will begin with a short meditative breathing session (Kundalini) followed by joyous chanting, ending with an extended double-gong meditation by

**Gretchen Bickert and Michael Kolasa**

**Thurs., Dec. 3rd • 6:45 - 8:00 p.m. at the SW Herb Shop**  
148 N. Center Street, downtown Mesa

**\$15 per person • (480) 694-9931** to register

**[www.SWHerb.com](http://www.SWHerb.com)** for more details

Check out our Calendar for all our great classes!