



Meditation Benefits Mind, Body & Spirit

Flowering Lotus Meditation and Retreat Center is a residential facility dedicated to helping people connect with their inner peace, wisdom, compassion and generosity.

No experience required. SPACE IS LIMITED. Call 504-905-4090 for New Orleans or 601-684-9657 for Magnolia to reserve your space.

MEDITATION CENTERS YOUR **MIND**

Decrease Stress; Build Self-esteem; Improve Mood and Behavior; Develop Will Power; Enhance Problem Solving; Improve Relationships; Increase Productivity; Boost Vitality; Improve Focus

MEDITATION RENEWS YOUR **BODY**

Increase Energy, Strength and Vigor; Improve Endurance and Respiratory Rate; Assist Weight Loss; Reduce Anxiety; Lower Blood Pressure; Decrease Heart Rate; Slow the Affects of Aging

MEDITATION LIFTS YOUR **SPIRIT**

Enjoy Peace of Mind; Heighten Happiness; Discover Purpose; Increase Synchronicity; Develop Compassion; Learn Forgiveness; Live in the Present Moment; Deepen Wisdom; Love Abundantly

Dolores Watson, founder of Flowering Lotus Meditation and Retreat Center, was certified to teach hatha yoga and meditation 35 years ago. She founded Radiance, a New York City holistic healing center that focused on healing through raw foods, juice fasting and meditation. Her vision for Flowering Lotus is to provide meditation retreats for the benefit of all living beings.



**Dolores
Watson,
Instructor**



**Dr. Pat
Brawley,
Instructor**

Dr. Brawley is a contemplative minded Licensed Professional Counselor and university teacher with more than 20 years of experience helping people heal what hurts and celebrate their goals and dreams. Dr. Brawley facilitates a "Write Your Heart Out!" group at Flowering Lotus Meditation Center that supports creative expression for members at every level of experience. Visit www.PatriciaBrawley.com.

NEW ORLEANS FLOWERING LOTUS GROUP
7:00 PM - 8:30 PM EVERY WEDNESDAY
621 OPELOUSAS AVE., ALGIERS POINT, NEW ORLEANS, LA
504-905-4090; evolved812@aol.com

MAGNOLIA FLOWERING LOTUS GROUP
7:00 PM - 8:00 PM EVERY MONDAY
204 SOUTH CLARK STREET, MAGNOLIA, MS
601-684-9657; patriciabrawley@earthlink.net