

The InnerMatrix

A FIVE-WEEK MEDITATION PRACTICE

Transform your life with an Inner Matrix Group

In today's fast-paced and stressful world, focusing the mind and empowering the emotions are essential to living a **fulfilling, peaceful life**. Inner Matrix Groups meet regularly to strengthen mind, emotion, body and spirit using tools based in cutting-edge **neuroscience and ancient wisdom practices**.

WEEK ONE

Orientation

WEEK TWO

Focusing the Mind

WEEK THREE

Shifting Emotions

WEEK FOUR

Connecting with the Physical Body

WEEK FIVE

Creating you Vision for Life

WEEK SIX

What's Next and Connect

ABOUT THIS PROGRAM

Explore the transformative book, **The Inner Matrix** by Joey Klein, in a supportive, small group environment that meets weekly for six sessions.

GROUP FACILITATORS

Tracy Leventhal

Thursday night group

Tracy@dryoshi.com

Heidi Kenny

Friday afternoon group

Heidi@dryoshi.com

"I find myself experiencing more peace with my family and a greater sense of fulfillment in my work."-**H. KENNY – Los Angeles, CA**

January 7, 14, 21, 28; February 4, 11, 2021 - Thursdays, 7:00 - 8:15pm PST
January 8, 15, 22, 29; February 5, 12, 2021 – Fridays, 12:30 – 1:45pm PST

Course Materials: The Inner Matrix: A Guide to Transforming Your Life and Awakening Your Spirit by Joey Klein

Register online at theinnermatrix.com

Call 720-446-5533 and learn about **Joey Klein's** proven approach to living a truly rich and meaningful life using his core teachings and the practices of **Conscious Transformation™**.

