

# 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 your Vision for Life

#### 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**

**April 29, May 6, 13, 20, 27, 2021 - Thursdays, 7:30 - 8:45pm PST**

**April 23, 30, May 7, 14, 28, 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](http://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™**.

