



# Mindful Turtle Yoga & Wellness

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## **TIRED OF BROKEN RESOLUTIONS?**

**Start this Year Off Properly by Giving  
Yourself the Gift of Peace and Focus!**

# **THE CULTIVATION OF AWARENESS**

**An Afternoon of Lecture and Discussion on the Development  
and Expansion of Consciousness, with Peter Arebalo, LMT**

Do You Desire More?

Learn how to effectively break free of static patterns by learning to shift expectations and create new belief. Find out what it is to draw upon the strengths inherent in you. Take the power out of external circumstance and build a deep and powerful resource.

Students of Personal Growth and Spirituality, who are curious about finding new ways to feel well, this lecture is for you. Join us as Peter Arebalo, LMT takes you through an incredible journey by way of the inner workings of the self. During this workshop you will be introduced to the use of sensation, thought, emotion and breath as tools to guide you to deeper growth and greater awareness.

**Peter Arebalo, LMT** has been involved in the field of Personal Development for the past 11 years. His personal journey draws from a very diverse background and therefore puts together a very eclectic body of work. His goal through teaching is to uplift and to integrate through all avenues of personal exploration.

Saturday, January 16<sup>th</sup> at 1:00 pm  
\$25 per person

*This lecture has limited capacity. Please do not hesitate to make your reservation today!*