

Friday, November 1 | 7:30pm - 9:30pm | Red Lotus Yoga

# Heart-Mind Coherence Mindfulness for Stress Reduction



**Red Lotus Yoga, Rochester**

1900 S. Livernois, Rochester Hills, MI 48307

248-601-9642 | [www.RedLotusYoga.com](http://www.RedLotusYoga.com)

This is a lecture and meditation class. No Yoga asana.

\*\*\*Register by October 26 for a free gift\*\*\*

Investment: \$40 | wear comfortable clothes

**with Dr. Erin Bannink, DVM, Diplomate ACVIM (oncology)**

Certified Veterinary Acupuncturist | Graduate diploma Veterinary Chinese Herbal Medicine | Yoga Studies Institute Graduate  
[www.DivinePowerhouse.com](http://www.DivinePowerhouse.com) | [www.SacredCircleDreamers.com](http://www.SacredCircleDreamers.com) | [www.AliACreations.com](http://www.AliACreations.com) | [www.MettaPets.info](http://www.MettaPets.info)

Erin has intensively studied Tibetan Buddhism, yoga philosophy, inner body yoga, and independent and intuitively guided spiritual practices since 2003. She has led countless classes, workshops and retreats on topics including yoga, meditation, tibetan buddhist philosophy, pranayama, kirtan, and mantra. Her life journey has nurtured an appreciation for the rich overlap of our complex realities. Erin has a particular interest in bridging the gap which is often perceived between science and spirituality, recognizing that only when we acknowledge the interaction and interdependence of the physical, spirit and soul can we find wholeness, authenticity and deep healing. She has a dream that one day we will all come to know and love ourselves for the powerful creative forces that we are.

It is through a path of empowerment, responsibility and love that we will come into our full expressions and live the life of our Dreams.

#### LEARN:

The difference between Happiness and Positive Emotions  
How acceptance is related to well-being  
How to leverage the Heart-Mind connection to destress & improve your well-being  
Two practices to generate Positive Emotions

#### EXPERIENCE:

Guided Heart-Mind Coherence Meditation  
Healing Mantra and the power of sound