FRONT

Wine Meditation

With some kind of eye catching image, that would capture meditation and wine.

BACK

**Wine Meditation Course**

**Wine What?!**

Yes you read right. Wine meditation! What could be better than combining the dilatable taste of wine with meditation, right? Well that is exactly what this course is all about with a little bit of Mindfulness thrown in.

**Learn to Drink wine without the hangover!**

NO HANGOVER! Really? It’s true because we challenge you to the fact that you have never really savoured your glass of wine. So we are going to teach you how to do it mindfully. This way you are guaranteed not to get a hangover while drinking wine.

**What you get with the course:**

* A Wine Meditation course book.
* Mindfulness and meditation instruction online.
* Learn how to drink wine mindfully.
* Learn Meditation techniques and postures.
* FREE mp3 Guided Meditation download.
* 5% of the course goes to charity – Please see our website for this month’s charitable cause.

[www.wine-meditation.com](http://www.wine-meditation.com)

Brought to you by Wide Open Road Wellness

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