FRONT

Beer Meditation

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

BACK

**Beer Meditation Course**

**Beer What?!**

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

**Learn to Drink Beer 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 Beer. So we are going to teach you how to do it mindfully. This way you are guaranteed not to get a hangover while drinking Beer.

**What you get with the course:**

* A Beer Meditation course book.
* Mindfulness and meditation instruction online.
* Learn how to drink Beer 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.Beer-meditation.com](http://www.wine-meditation.com)

Brought to you by Wide Open Road Wellness

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