FRONT

Cupcake Meditation

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

BACK

**Cupcake Meditation Course**

**Cupcake What?!**

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

**Learn to Eat a Cupcake without gaining weight!**

“What do you mean? I already know how to eat Cupcakes.” We challenge you that you have in fact not really eaten Cupcake. So we are going to teach you how to do it mindfully. This way you are guaranteed not to gain weight while eating cupcakes.

**What you get with the course:**

* A Cupcake Meditation course book.
* Mindfulness and meditation instruction online.
* Learn how to eat Cupcake 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.Cupcake-meditation.com.au](http://www.chocolate-meditation.com.au)

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