



Sharon Evans

Owner, Seva Meditation

Trained in Transcendental Meditation, The Global Country of World Peace, Maharishi Institute. Certified Community Health, Safe and Practice and Environment, UNB, UFR. Primordial Sound Meditation Instructor Certification with The Chopra Center Universtiy, CCU, Carlsbad, California.

Continual education with the Chorpca Center University in meditation instruction techniques specifically for children, seniors, PTSD, anxiety disorders, stress management and overall wellbeing techniques.

Meditation sessions are offered on demand for groups and private individuals. Along with these sessions, I offer the **Primordial Sound Meditation Course, private and group guided meditation sessions, Morning Mini-Retreats** exploring the gifts of Karma, Dharma, Intention, weekly **Book,Meet and Meditation Sessions** and The Annual week-end **Journey To I am Retreat** held at The Strawberry Hill Resort. For more information, please contact me and also feel free to visit my website: www.sevameditation.com 709-686-2832, 709-632-3826.