



from Bhavani's Meditation, Music, and More



Hi , Bhavani here

Here we are in the midst of another holiday season. We've had

Thanksgiving and Hanukkah. Next is the winter solstice—December 21; Christmas—December 25; and Kwanzaa—December 26 through January 1, 2019. So we have many ways to rejoice during this season.

I'm writing to wish you festive and meaningful celebrations of any of the holidays you observe—and to let you know that it's not too late to get in one more meditation retreat with me before the end of the year.

The program is right over the Christmas holiday, **December 23 through December 26**. It's my **Soothing Midwinter Meditation Retreat**. As you see from the dates, it's one day longer than my Introduction to Meditation weekends. You have a chance to sink into the space of meditation more deeply in this length of time.

I include meditative journaling in this retreat, which is a wonderful practice you can continue into the new year. There are people who feel that that process is a deeper meditation than sitting with the sensation of the breath. Join us in this retreat to decide that for yourself.

Also during this retreat is the December 24th chanting of the Kripalu **Saptah chant**—a slow Shiva chant that changes you at a cellular level. That alone is worth the price of admission! Learn more about the retreat and register [here](#).

[Click here to visit my website](#)

Here are links for your holiday reading - and a gift for you!

Just click on the titles:

[The Impact of Holiday Stress on the Mind and Body](#)

By [Jennifer Weinberg](#) from Chopra Center newsletter

[How to Simplify the Holidays: Stress Less, Enjoy More](#)

By [Melissa](#) at Simple Lionheart Life

[The Holiday Stress Survival Guide](#)

By [Dr. Christina Hibbert](#) from her blog, "the psychologist, the mom & me"

My holiday gift to you:

A download of the song "[Peace On Earth](#)" from my CD *A New Dawn*. I am the lead singer, with a chorus of friends. The song was written and produced by Linda Worster. Just right click and follow your computer's prompts to download.

That's it for this year.

I hope it's been a good one for you—and I wish that your next year is even better. Feel free to write to me at the email below to let me know how your practice is going. Talk with you again in 2019!

Peace and blessings to you and to all your extended family.



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