

# “LEAP BEFORE YOU LOOK”

a one-day workshop with

**Arjuna Ardagh**

at

**For Goodness Sake**

Saturday, November 8, from 10:00am to 5:00pm.



Come join us for this special workshop with Arjuna Ardagh, author of “Awakening into Oneness” and “Translucent Revolution”, as he discusses his newest book “Leap before you Look – 72 shortcuts for getting out of your mind and into the moment.”

In this practical and interactive workshop, Arjuna will introduce us to some of his translucent practices that you can take home and apply to your everyday life. These practices typically take less than five minutes and are designed to bring you out of your mind and into the moment, fully experiencing peace and happiness.

This session will include a Oneness Blessing.



**Call for reservations: 530-550-8981**

**Location: For Goodness Sake**

**10157 Donner Pass Road**

**Downtown Truckee**

**[www.goodnesssake.org](http://www.goodnesssake.org)**

