



Lynda will be
performing her show
"The Best Season of Your Life"

Saturday, March 27th 7pm \$10

Performance at
H.O.M.E. Center
3892 Lancaster Dr. NE
Salem, Oregon 97305
503-363-3926

A presentation of the art of mindfulness through original music, personal stories, poems from around the world, and words of wisdom from mindfulness philosophy. Lynda take the listener on an experiential journey of inner reflection, relaxation, and aliveness.

Lynda plays harp, silver flutes, Native American flutes and sings, sharing selections from her three cds, as well as knowledge distilled from years of teaching mindfulness based stress relief.

www.AliveRightNow.com