

A photograph of several lit candles in glass holders, arranged in a grid on a dark surface. The candles are lit, casting a warm glow. The image is partially obscured by a white, torn-paper-like border on the right side.

Cultivating Inner Freedom in an Age of Distraction

Living in an age of distractions, we are busier than ever before. We feel that we have so much to do - work, family duties, social life - and not enough time for the people and things we value the most. Join us to learn tips on how to find focus and to live a more fulfilling life.

Date: Sep 29, 2020 (TUE)

Time: 7:30 – 8:30 pm Eastern Standard Time

Cost: \$15 per person

[Click here to register](#) or email seminars@pev.ca

This event will be conducted via zoom. URL will be sent to your registered email box before the event.



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