

# 4 Elements Meditation with Havening Touch®

at Feather Wind Wisdom, 21st Century Brain Science  
meets Ancient Healing Arts



Explore the power of Havening with the guided meditation "Four Elements". Enjoy emotional respite in this unique group Havening, an opportunity to amplify your meditation experience.

#### Terms and Conditions

Free Registration Required <https://calendly.com/featherwindwisdom/havening-4-elements-meditation> <http://FeatherWindWisdom.org>

Exp: January 12, 2026