

FOR IMMEDIATE RELEASE

Resolution #1 Will be more peaceful in 2010!

[PR Log \(Press Release\)](#) – Dec 03, 2009 – Meditation Village takes care of the "I am too busy to be peaceful, I am too busy to meditate," excuses with your own daily meditation program for download plus forums to make contact with other people just like you who just can't seem to check off "must meditate" on their daily to do list.

Download three weeks, two months or five months of the mindfulness meditation program to your ipod or cell phone and press play anywhere you are, the teacher guides you from there. Unlike a meditation CD that you will play a couple of times and soon tire of or replace with an old copy of Enya, each day and then week of this program differs from the day before. The program slowly brings the student along into their own 'can't wait to meditate' practice. Know the teacher and others are meditating with you, in the ethers so to speak, every morning at 7:30am PST and it seems they respond to your questions in the Village within 24 hours.

Now there is no excuse to becoming the personification of peace and joy in 2010.

Cost: very affordable

\$15 - step one, 21 days

\$35 - step two, 40 days

\$55 - step three, 90 days

\$90 - 5 month program

Free First week trial

If meditation is on your list of resolutions for 2010, or on someone's you love, check-out a new site that may help bring inner peace now!

www.meditationvillage.ca

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