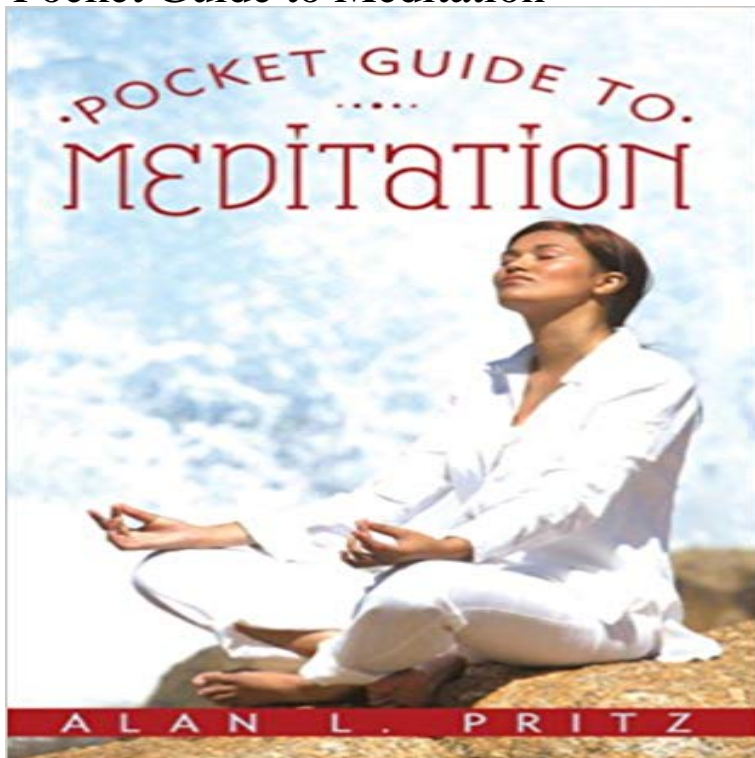


Pocket Guide to Meditation



Alan L. Pritz has trained in and taught meditation, yoga, and martial arts collectively for over 35 years. Inspired by the universal teachings of Paramhansa Yogananda, Alan helps individuals and groups deepen their relationship with Spirit through meditation, ministerial, life coaching, and healing services. Alan currently lives in Minneapolis with his wife, Deb.

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