



HOW TO MEDITATE

-May all men come to know that there is a definite, scientific technique of self realization for the overcoming of all human misery."

- Paramhansa Yogananda

WE WILL LEARN:

- What is meditation, why meditate
- Tools and techniques for concentration, relaxation & visualisation
- Proper posture, diaphragmatic breathing
- Exercises to strengthen bones, nerves, tissues
- How to bring meditation into daily life

Venue

Thursday, April 05
10 am - 1 pm
@ Ashok Sankul

Sunday, April 01, 10 am - 1 pm
@ Ashok Nagar, Wanowrie, Amanora,
Sinhgad, Pimpri



Fee: Rs. 750
(Includes course book: Lessons in Meditation)
Call 8308401111, 9822023123

PATH OF KRIYA YOGA BASED ON THE TEACHINGS OF PARAMHANSA YOGANANDA