



## *“Learn to Meditate” 3 Class Series*

*The media is full of scientific studies showing that meditation reduces stress or anxiety. This ancient practice is now taught in schools, churches, and businesses. But meditation does more than relieve stress. It takes you inward to your own divinity changing how you perceive and handle life.*

*Learning to meditate in a small group elevates your individual experience. This course simplifies meditation and helps you build a successful home practice. If you already meditate (or have meditated) this series will enhance your experience and support consistency.*

*Svaroop® Vidya is a mantra style of meditation repeating sacred words to take you into meditation. Our manta has been repeated for thousands of years because it works! Grace flows through the tradition of Svaroop® Vidya making it easier than ever before to meditate.*

- **Dates:** Sat. Feb. 3, 10 & 24- 10 am – 12 noon OR Sat. Mar. 2, 9 & 16 – 9 - 11 am
- **Location** Zoom – link and codes sent the day before your series starts.
- **Investment** \$99.00 – includes handouts, 3 consecutive classes, small class size.
- **Registration** Hold your spot with an e-transfer or cheque to:

### *Rosemary (Rudrani) Nogue*

*Certified Svaroop® Vidya Meditation Teacher/ Group Meditation Leader/ Yoga & Med. Teacher*

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