

Meditation Classes

at Aum and Garden

Why meditate?

Meditation is the best way to clear one's mind and tap into the realm of the Divine. It brings peace, calm and an expanded awareness of your higher consciousness. In deep levels of meditation you can experience peace, love, wisdom and guidance that can help you with anything in your life.

Who is this class for?

Anyone who is interested in meditation. From beginners to advanced meditators, these gatherings are for anyone at any level. You do not have to have any experience at all to feel the subtle powerful effects of meditation.

Purpose

To eliminate stress and experience balance, clarity and harmony in one's life. To empower one's Self, the inner knower, the higher consciousness, that is in everyone! To encourage a meditation practice that you can use anywhere at anytime.

Benefits

Meditation brings peace and calm to the mind as well as the body. Meditation also benefits your health, relationships and situations in life. It brings clarity to questions from the place of truth within you.

Fees:

Noon (12:30pm) Silent Meditation - Free

Guided Meditation -

Individually: \$5.00 – Per Class Pre-paid Package: 6 classes/\$24.00

*Private sessions also available: 818 913-9691



Please call to reserve your space: 818 913-9691



Classes start promptly – No late arrivals will be admitted

SEE BACK OF THIS FLYER FOR SCHEDULE

Meditation Class Schedule

September 2010						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4 Guided Meditation 9:15-10:00am	5
6 CLOSED	7 Guided Meditation 7:30-8:15pm	8	9	10	11 No Class	12
13 12:30pm- 20 Min. Silent Meditation	14 No Class	15	16	17	18 Guided Meditation 9:15-10:00am	19
20 12:30pm- 20 Min. Silent Meditation	21 Guided Meditation 7:30-8:15pm	22	23	24	25 No Class	26
27 12:30pm- 20 Min. Silent Meditation	28 No Class	29	30			



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***Suggestions: Dress comfortably bring a journal or note pad**

Free self parking behind store

“Peace: It does not mean to be in a place where
there is no noise, trouble or hard work.
It means to be in the midst of those things
and still be calm in your heart” -Unknown