

Beginner Studies in Yogic Healing
Sat Nam Rasayan®
with Hari Kirn Khalsa

Use the power of Meditation to develop your total sensory awareness to relax yourself and others. Guided Meditation techniques are taught to—

Experience profound spiritual healing and non-reaction
Reduce anxiety and stress levels
Enjoy increased tolerance and flexibility in daily life
See everything with more understanding

This class will be focused on Beginners and will cover the basic concepts of Sat Nam Rasayan.
Experienced practitioners are welcome, too!

Saturday, February 13, 2010

10:00am to 1:00pm

\$55 prepaid by February 10

\$70 at the door

A minimum of 6 people will be required for this class

Class will be held at Yoga Central
1123 Jackson Blvd
Houston, TX 77006

Yogi Tea and snacks!

For information and registration contact:

Contact (713) 528-7345

harikiran@sbcglobal.net

www.harikiran.com

Individual relaxation appointments available.

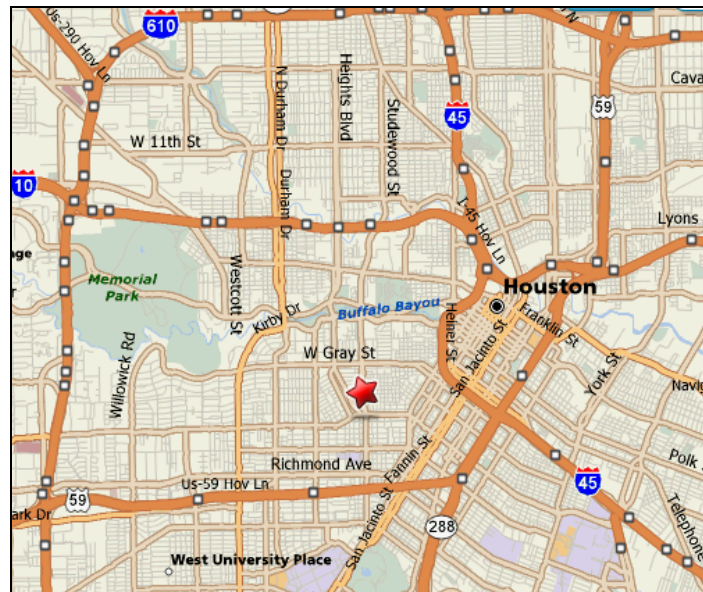
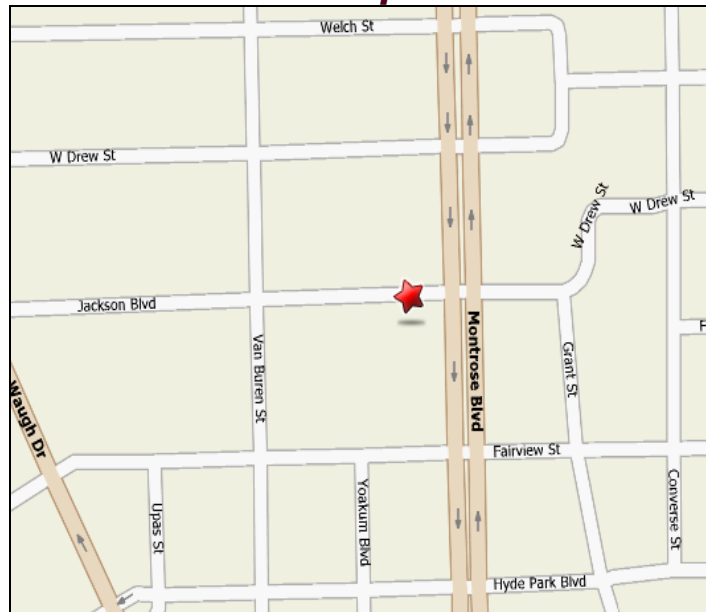
Yoga Central

1123 Jackson Boulevard
Houston, Texas 77006

<http://yogacentral-kundaliniyoga.org/>

*Inside the Loop
5 blocks north of Westheimer
1 block west of Montrose between Fairview and Drew*

Map



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