

LEARN TO MEDITATE

A free introduction evening in English



Learn simple, powerful meditation techniques and ancient spiritual wisdom for the modern world. We will discuss basic meditation guidelines and try different meditation techniques. This evening will help you to establish a daily meditation practice at home. Benefit from the powerful treasures hidden within yourself—such as love, peace and happiness.

What you need: Please bring comfortable clothes (preferably light colored), we have chairs and cushions. In winter sometimes the floor is quite cold, thick socks help.

You do not have to sign up, please just come by.

Friday, January 12, 2018, 7-10 PM

**Sri Chinmoy Centre Hamburg
Frankenstr. 29**

ENTRANCE FREE

How to find us: S Bahn Hammerbrook or Berliner Tor

The meditation centre is in the rear building,
on the 2nd floor, use the side entrance (see map 2nd page)

Info: 0176 34 122935

