



Meditation Course



- Learn:
- ♥ Benefits of Meditation
 - ♥ What is Meditation
 - ♥ How to prepare for Meditation
 - ♥ Create a special space for Meditation
 - ♥ Meditation with a Focus

Whether you have experience with Meditation or are brand new to it, join us and discover how Meditation enriches your life.

NEW

Experience Peace and Harmony!

By Phone Tuesdays: March 12 - May 7

7:15 – 8:15 pm

(please call ahead to Register)

Meditation Classes are a free gift with your quarterly membership

The School of Royal Yoga • 38R Main Street • Chester, NJ

To become a Member or for more information:

Call: 908-879-9648 or Email: RoyalYoga@embarqmail.com

www.TheSchoolOfRoyalYoga.com