

# Meditation: Getting Beyond the Waves of the Mind

*Experience the Depth and Vastness of your own Self*  
**Revised Tuesdays May 16, 23, & 30: 7 to 9 pm**  
**Dates**

**Learn or refine your Svaroopa® Vidya meditation practice**

Open to novices and experienced meditators alike

“Taking time to meditate is as important as taking time to breathe. One pumps oxygen into the body, the other pumps peace into the mind.”  
~ Marianne Williamson



Taught by Phil (Krishna) Milgrom, CSMT, RYT, CSYT

“If you have any interest or curiosity about meditation, I can’t imagine a better way to be introduced to it.” ~ P.S., Chelmsford, MA

“It’s helped me look at the practice of meditation differently and realize I can do it. I’ve slept better and am more present in my life.” ~ C.S., Ware MA

\$75 (\$60 if you’ve taken the class before) ~ Registration requested

**THE CENTERED PLACE YOGA STUDIO**  
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