

DEEPEN YOUR MEDITATION



You took a class to learn Svaroopa® Vidya Meditation. You started a home practice. How is it going for you now?

- Do you have difficulty maintaining a consistent practice?
- Do you need more support for your meditation practice?
- Does your mind still give you a hard time?
- Do you want to dive deeper and with greater ease?
- Do you want to experience more peace and bliss?

If you answer "Yes" to any of these questions, this course is where you want to Be. Learn how to settle deeper into the peaceful bliss of your own Beingness, your own Self.

Each of the five class meetings introduce you to deeper practices and deeper meditations. After each class, you apply what you have learned to your home practice. The next class, you share your experiences with the others in the group. You meditate and grow deeper together. You become more deeply rooted in your Self. Your inner peace and bliss blossom forth into your life.

Five meetings, Thursdays 5:00 to 7:00 pm

March 21, 28, April 4, 11 & 18

Cost \$135 (\$125 if paid by March 14)

Offered both onsite and online

Taught by Phil (Krishna)

Certified Svaroopa® Vidya Meditation Teacher



The Centered Place
www.thecenteredplace.com

413 436-7374