

Victori Productions, LLC

Presents:

Japa Meditation Classes



Japa Meditation is very simple, and offers uplifting benefits for yourself, mankind and the earth!

Join us and learn how to use *mala beads* for Japa Meditation, as well as experience Pranayama (Correct Breathing) which complements this practice.

Mala beads will be available for purchase or you may bring your own.

Upcoming Classes:	Thursday October 6	10:45 – 11:45 am
	Tuesday October 18	7:00 – 8:00 pm
	Sunday October 23	4:15 – 5:15 pm
	Sunday November 20	4:15 – 5:15 pm

Where: The School of Royal Yoga ~ Annex
57 Main Street Chester, NJ

Fee: By Donation

Registration: 908-617-0411 or Office@VictoriProductions.com