



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, come and discover how Meditation enriches your life.

Experience Peace and Harmony!

Course meets by Phone

Level 1: Mondays 9:30 am - begins December 7th

Level 2: Tuesdays 7:30 pm – begins December 1st

Meditation course is included with your Membership!

To Register: call 908-879-9648 or email RoyalYogaNewJersey@gmail.com

For more information, visit:

theschoolofroyalyoga.com/classes-services/meditation