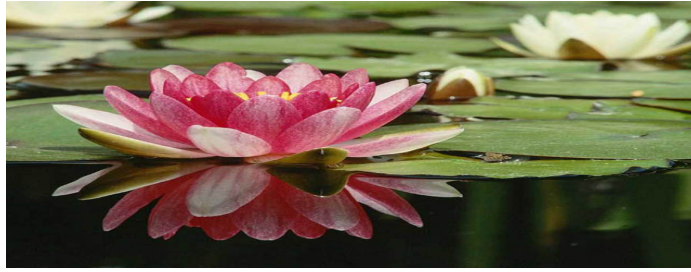


Meditation Course



- 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!

Telephone Course

Level 1

Tuesday 8:15 pm - 9:15 pm eastern time

(Please call for upcoming course dates)

Fee: \$65 per 3 week Segment

All you need is a phone and a quiet place to join the call. A speaker phone or ear piece is helpful, but not required. Upon registration you will receive an information packet, a call in number and a pin code.

To Register: completelyoga@embarqmail.com or 908-879-9648

*The School of Royal Yoga 57 Main Street, Chester, NJ
908-879-9648 www.TheRoyalPathwaysInc.com*