

sunday, march 16th

1-3:30pm

Cost:\$30

Inner Power Yoga



special workshop

Intro to Meditation with Narthana

"Narthana's knowledge and passion is a huge inspiration to learn the tools for your personal transformation. Don't miss it!"

- Isabel Snyder

"The techniques that are taught are so different from what I thought meditation was about. Narthana teaches you with clarity and simplicity. It is life changing, freeing and so much fun!"

- Suzanne Cortney

"Narthana is beautiful teacher inside and out, calm, gracious, inviting, enjoying, allowing, welcoming..."

- Maryanne Connors



Narthana Nithyananda is a certified meditation teacher for the Life Bliss Foundation. Narthana teaching bio is available at www.lifebliss.org

Gain a deep understanding of how your mind works, how you hold onto past experiences thereby affecting your present moment awareness and happiness. Discover what exactly is meditation and why do we need meditation techniques.

Workshop includes:

Meditation Techniques that:

- Reduce Stress
- Improve Relationships
- Increase Clarity and Joy
- Increase Energy

Helpful Reminders

Do not eat at least two hours before workshop.

Dress in loose fitting clothing.

Arrive few minutes early.

ALL LEVELS WELCOME!

Register Today! 818 591 2639

22233 Mulholland Highway • Gelson's village, CA • www.InnerPowerYoga.net