



Maha Sri Yogam



Kundalini Meditation and Yoga Course

Universal Peace Foundation of North America is presenting a 7 day Kundalini Meditation and Yoga course guided by **Guru Maha Maharishi Paranjothyar** from India. Learn

- Breathing and relaxation techniques for a stress free mind
- Yoga postures for physical fitness
- Kundalini Meditation to fill your life with internal peace
- Meditate and feel the invisible energy centers

FREE Introductory Class on Aug 20th 5 PM - 6:30 PM

Duration: Oct 12th, 13th, 16th - 19th 6.30 PM - 8.30 PM, Oct 15th 3:00 PM - 7:00 PM

Venue: Bethany Lutheran, 4200 North 204th St, Elkhorn, NE 68022 (204th & Maple St)

Course Fee: \$90 only (Students- \$50, Couples-\$150)

Contact: Sasi: 496-3821; Jayaram: 490-8966; Email: upfna@yahoo.com; Web: www.upfna.org

Note: Please bring your yoga mat or beach towel for the course. Course available for age 15 & up.