



JAIN VISHVA BHARATI LONDON

Announces

1-DAY PREKSHA MEDITATION WORKSHOP

On May 23, 2010

8:45am to 3:00pm

Open the Door of the Inner World

Preksha Meditation is a technique of meditation for attitudinal change, behavioural modification and integrated development of personality.

- On a physical level it helps each cell in the body to revitalize itself.
- On a mental level it proves to be an applied method to train the mind to concentrate.
- On an emotional level the strengthening of conscious reasoning controls reactions.
- On a spiritual level it enhances the purity.

Venue: Jain Vishva Bharati London
Sayer Centre, Oxgate lane, Cricklewood,
London, NW2 7JN

For more information contact:
JVB Centre: 020-8452-0913
Info@jvblondon.org

Ashok Gudka 07980 929 559

Please Note:

- Age 18 and above only
- There will be complete **silence** during the Workshop
- Wear loose clothes, preferably white/light colours
 - Bring your yoga mat
 - Bring your Packed Lunch
- **Pre-Registration is required**

There is no charge for the workshop but any contributions will be appreciated.

You may contribute in cash or by cheque payable to Jain Vishva Bharati London. Please write your name and address at the back.