
SVAROOPA VIDYA ®

MEDITATION

LEARN TO MEDITATE COURSE

WITH KELLY SULLIVAN

M.S. (health, physiology) CMT (certified meditation teacher)
RYT (registered yoga teacher 700 hr.+ ATT / advanced teacher training)
CYT (certified yoga therapist)

SAMVE SVAROOPA YOGA & MEDITATION CENTRE
BANKERS HILL STUDIO

Phone Number 619 780 3166

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Website www.samve.com

3 Class Meetings: Oct. 27, Nov. 3 & 10 ,2015

Tuesdays 5:00 - 7:15 p.m.

Cost - \$108, (includes 3 class meetings and a meditation journal) Pre-registration required.

Contact Kelly for information

✨ Come learn and practice Yoga Meditation. You will learn an ancient yoga practice that makes mediation easy and deep simultaneously. The course gives you the support and teaches you everything you need to know to begin a regular meditation practice at home.

