

**FREE MEDITATION CLASS**

**Namaste** Yoga Center

**January 17, 2009**

**2:00 P.M.**

" My whole effort here is to provide meditation techniques from the inner science that will lead you to the untapped source of overflowing joy within you."

-Paramahansa Nithyananda

# Life Bliss Meditation (Nithya Dhyaan)

Life Bliss is a unique meditation ideal for expanding yourself spiritually and professionally. Explore Life Bliss Meditation (Nithya Dhyaan) designed by Enlightened Master and Modern Mystic

**Paramahansa Nithyananda.**

- Heal the mind and body
- Increase energy and clarity
- Infuse creativity and positive energy
- Improve relationships
- Realize and experience true potential
- Actualize ultimate bliss

NO EXPERIENCE NECESSARY, ALL ARE WELCOME!

**Namaste Yoga Center**

**907 Clocktower Drive**

**Springfield, IL 62704**

**217-698-8177**

**[www.namasteyoga.com](http://www.namasteyoga.com)**



Life Bliss Foundation

**[www.LifeBliss.org](http://www.LifeBliss.org)**

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