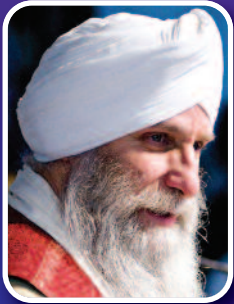


# NAAM SIMRAN

## THE POWER OF MEDITATION AND THE MEDITATIVE MIND



**Saturday, August 21, 2010**  
**10am-4pm, Surrey, BC**

with

**HARI NAM SINGH KHALSA**

Meditation can wipe away the day's stress, bringing with it inner peace. Meditation has been practiced for thousands of years. Meditation originally was meant to create a deeper understanding of the sacred and mystical forces of life. Today, meditation is commonly used for relaxation, stress reduction and spiritual balance.

Meditation produces a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and

causing stress. This process results in enhanced physical and emotional well-being. Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. When you meditate, you clear away the information overload that builds up every day.

In our workshop we will use mantras, affirmations, guided meditations and breathing exercises to relieve stress and create a balanced meditative mind. A meditative mind is calm, alert, intuitive and clear. **Please join us for this unique experience.**

### **COURSE LOCATION:**

**BC Cultural  
Bhangra Academy  
Unit 136, 7536 – 130th St.  
Surrey, BC**

**Special!! \$70 Register Now!**

To register online or for more info visit:  
**[www.kundalinicanada.com](http://www.kundalinicanada.com)**  
or call **604-897-3947**  
**[info@kundalinicanada.com](mailto:info@kundalinicanada.com)**

Please bring a Yoga Mat & Blanket. Lunch will be served

