



Shakti Yoga Center 4 Week Meditation Course “Make Your Mind & Your Life Your Friend” Taught by Pam Flynn Kimelman

- Learn what meditation is – it may not be exactly what you think it is;
- Practice simple and effective techniques for clearing your mind of self-defeating thoughts (and, therefore, behaviors);
- Discover how universal the human mind is – we are not alone;
- Move through life’s challenges with peace, confidence and courage;
- Move through everyday life with a simple, grounded and profound joy.

Sunday: April 8, 15, 22 & 29

(Attendance at all 4 sessions required – each session builds on the previous one)

2:30 – 4pm

Pre-Registration by Saturday, March 31: \$100

Monday, April 2nd forward : \$125

Registration Form – Meditation Course
Shakti Yoga Center, 3 Victory Blvd, Staten Island, NY 10301
Sunday, 4/8, 4/15, 4/22 & 4/29

Name: _____ Email /Phone (required): : _____

Check or cash amount enclosed _____ (Credit cards not accepted)