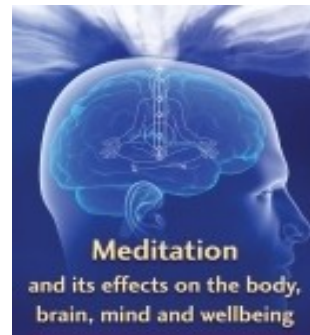


MEDITATION WORKSHOP (in English)



Founder: Dr. Nirmala Shrivastava (Twice Nobel Peace Prize nominee, recipient of the United Nations Peace prize and Honorary Member of the Presidium of the Petrovska Academy of Arts and Science.)



Significant research has determined that mental silence which can be achieved by Sahaja Yoga Meditation has significant physiological effects on the body and the brain. How?

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Sahaja Yoga Center, Am Lilienberg 2, 81699 München

(S- Bahn Rosenheimerplatz - opposite Gasteig)

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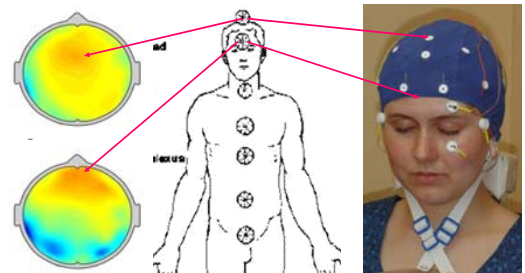
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Meditation Coaches:

Rohit Kulkarni (*PhD candidate TUM*)

Lavanya Nicola (*Dual Psychology, Freelance Journalist*)

Nilesh Chaudhari (*M.Sc. Engineering*)



PROGRAM:

- Introduction in Sahaja Yoga Meditation
- Awakening of evolutionary power (Kundalini) followed by a guided meditation
- Positive impact of meditation: Gross vs. Subtle
- Sahaja Yoga Meditation Research (Presentation of some studies and results)
- Biography of Dr. Nirmala Shrivastava (H. H. Shri Mataji Nirmala Devi), founder of SY (Presentation and Video)
- Q&A session

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