



ARKA DHYANA

A finer form of Intuitive Meditation

A Journey Into your Inner Universe Initiated Through your Touch, Sound & breath

Demonstrated by: Asmita

Venue: Shirley Boys High School.

Enrolment info: Shirley Boys High School. ace@shirley.school.nz phone 3757 060

Term 1 Saturday 13th Feb to 6th March 2010 4weeks

Time 11.00am to 12.30pm

13 th Feb	20 th Feb	27 th Feb	6 th Mar
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Wear comfortable clothing and bring a cushion and mat

Course content: In order to find inner peace and live with a more positive attitude toward life Arka's method of Intuitive Meditation also known as Arka Dhyana is based on your own touch and sound. It is simple yet so effective, and has helped many people around the world. It can also be complementary to your health

For more information please visit: www.arkadhyana.org

Course: you will discover something special and unique about yourself with Arka Dhyana

Explore this through -

Art of Laughing

Gentle yoga

Music

Silence