



## **ARKA DHYANA**

(Intuitive Meditation)

Through your own Touch & Sound

*All Welcome*

**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](http://www.arkadhyana.org)

**Course: you will discover something special and unique about yourself with :  
Arka Dhyana (Intuitive Meditation).**

Explore this through -

**Art of Laughing**

**Music**

**Gentle yoga**

**Silence**

*Please register your name early.*

*If you wish to attend a class please notify us beforehand.*

### **Introduction to Arka Dhyana (Intuitive Meditation)**

**Tuesday 5th January 2010 Arka Dhyana and Picnic**

**Bring a plate** of Vegetarian Food. Time: 6.15-7.15 pm

Venue: At the Botanic Gardens - meet in the Rose Garden

### **Arka Dhyana (Intuitive Meditation) with Speaker and Dinner**

**Tuesday 2<sup>nd</sup> February**

Time: 6.15-7.15 pm Cost \$10.00

Venue: Music Centre of Christchurch

### **Arka Dhyana (Intuitive Meditation) at the Beach**

**Saturday 27th February**

Time: 6.00 pm

Meet at the car park at Sumner beach near the restaurant and main shops.

### **Public talk & Dinner**

**8th March Monday 2010**

Time: 6.00-8.30 pm Cost \$20.00 Children \$10.00

Venue: Music Centre of Christchurch

### **Retreat**

**Friday 19th to Sunday 21st March**

**Venue: YMCA Wainui Park Akaroa (Wainui Valley-Road)**



## **Arka Dhyana (Intuitive Meditation) Autumn Dinner**

**Saturday 1st May**

Time: 6.00-8.30 pm Cost \$10.00

Venue: Music Centre of Christchurch

## **CCA Mid-winter Charity show with Dinner**

**Saturday 12th June**

Venue: Music Centre of Christchurch

Time 6.00pm to 9.00pm

Cost \$ 20.00 adult & children \$10.00

## **Arka Dhyana (Intuitive Meditation) with Full moon & Dinner**

**Sunday 25th July**

Time: 6.00-8.30 pm Cost \$15.00.

Venue: Music Centre of Christchurch

## **Arka Dhyana with live Music**

**Friday 27th August**

Time: 7.00-8.30 pm Cost: \$15.00

Venue: Music Centre of Christchurch

## **Arka Dhyana with 27 SURYA NAMASKAR (Sun salutation) & Dinner**

**Monday 27th September**

Time 6.15 to 8.15pm Cost : \$15.00

Venue: Music Centre of Christchurch

## **Arka Dhyana & Vegetarian cooking Promotion with Christchurch Vegetarian Society**

**Sunday 31st October**

Venue : Horticultural Culture Society Hall

Time 10.00am to 4.00pm

## **Arka Dhyana & yoga with Breakfast**

**Friday 17th December 2010**

Time 6.00am to 7.30am

## **Centre for Conscious Awareness Books and Products**

Adventures in Self Discovery	\$20.00	Becoming Inspired	\$30.00
Petals of the Heart	\$30.00	Light of Learning	\$10.00
Audio Tapes	\$10.00	Music CD	\$20.00
Arka Dhyana manual	\$35.00	Arka Dhyana DVD	\$30.00

***“Science encourages us to think deeply.  
Spirituality inspires us to become profound.”***