



Arka Dhyana

(Intuitive Meditation) Spring Workshop

Saturday 27th September



You are cordially invited with family and friends to attend the spring workshop Arka Dhyana Intuitive Meditation & Vegetarian lunch

Please register your names.

Venue: North Brighton War Memorial Community Centre.

Time: 9.30 to 1.30 pm.

Phone: 3425107 or 0212309574 www.shivjag.co.nz Email: info@shivjag.co.nz

Please circle:

I agree/do not agree to receiving emails from Sunrise Yoga

I agree/do not agree for photos to be taken of me to be used for promotional purposes

Course content: Would you like to find 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 improve your health, mental abilities, creativity, and your ability to resolve problems

Srinivas Arka

For more information please visit: www.srinivasarka.org

Learning Objectives:

To have a basic understanding of what Arka Dhyana is.

To say clearly and correctly the mystical sound **Saaroogovaum**.

To enable the practice the 19 steps of Arka Dhyana.

What does spring bring to our lives? Draw your own spring flower and gift to inspire to write a quotation or a few lines to make you happy.

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Name:

Address:

Telephone : (W) _____ (H) _____ (M) -----

Email: _____

Arka Dhyana Instructor's Manual Introductory Course

Course Length: approximately 3 hours