



The Harmony School of Yoga

Level 1, 554 High Street Road,

Mount Waverley, Vic. 3149

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Website www.harmonyyoga.org

INTRODUCTION TO MEDITATION

**Discover the path to Inner Peace.
Learn to Meditate.**

**Be still, calm and bring peace into
your life.**

**Simple techniques – Breath Awareness
– Relaxation
– Japa (Mantra Repetition)
– And more**

**A 6 Week course commencing Friday
5th May 2017 at 7.00 pm for 1 hour.**

Cost \$96.00.

BOOKINGS ESSENTIAL: 9803 3494