

# RAJA YOGA MEDITATION COURSE

## With Mother Yogeshwari

Learn the art and science of meditation.

Through meditation and other tools of awareness you will discover your true and essential Self.

Raja Yoga is the art of Self-mastery whereby you will gain insight in how to manage your reactions to daily life.

This is a twelve-week course for aspirants.

Wednesday evenings: 18h00 - 19h30

starting on 17<sup>th</sup> February - 5<sup>th</sup> May.

Course fees: R900. Members: 10% discount

Bookings with full payment by 7<sup>th</sup> February

Contact <mailto:info@anandakutir.org.za>