

Meditation Class

a human beings centre of feeling
responds to love like a flower
opens to the morning sun
get in touch with your
universal life force
the source of life
and love within



Starting Sunday, Sep. 20

Dervish Holistic Shop

50 Cornmarket Street, 3rd Floor
Cork City Centre T12 X276V205

7:30PM

Join Jaananda for a 1-hour intro to Meditation Class. Jaananda teaches practical self-healing through universal life force energy meditation techniques. Please arrive early. Once the class starts it will be a closed session, so don't be late. Limited seating. 6 Week Course. Drop-in Cost: €10 per class. Series €50. Please register at kriyasamadhiyoga.com to reserve your place.