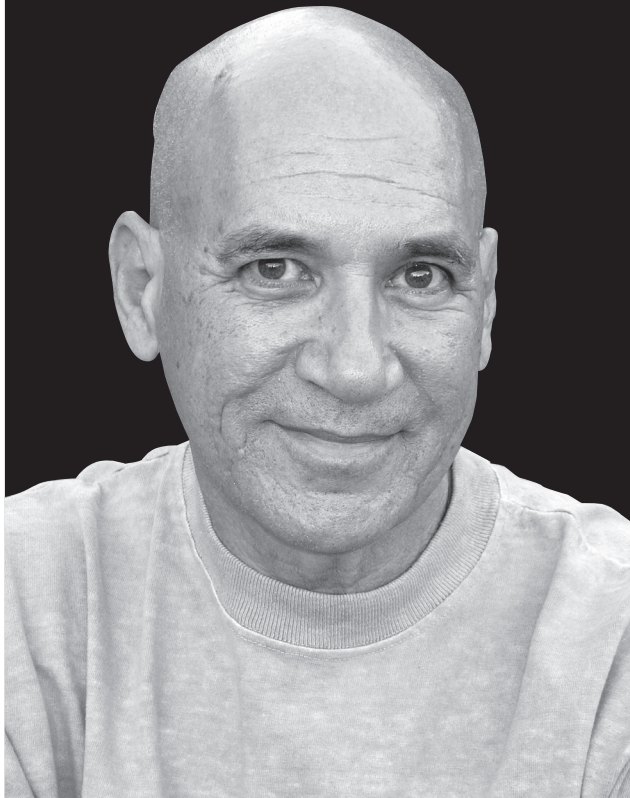


How to Meditate



With Yoga Swami Allan Ajaya
Thursday evenings, Nov. 5 - Dec. 17

THIS IS A CLASS for beginning and experienced meditators alike. It begins with the basic principles of meditation that will assist practitioners to find the experience of peace, joy and ease of being that arise from meditation practice. Different forms of meditation will be explored, so that meditators can practice in the way that works best for each individual. Each week another step will be added in order to progress deeper into the meditative consciousness. Each class includes a guided meditation and time will be taken to answer specific questions.

ALLAN AJAYA has the unique distinction of being both a Swami in the Himalayan tradition (an ancient yoga tradition that is described as... “a tradition of the highest truth...”) and a clinical psychologist. He has taught meditation for more than 25 years with the Himalayan Institute and has written several books on meditative practices including *Yoga Psychology: A Practical Guide To Meditation*. For more information on Swami Ajaya, visit his website: www.beingawareness.org.

Time

8:00 - 9:00pm

Dates

Thursdays:

Nov. 5, Nov. 12, Nov. 19
Dec. 3, Dec. 10, Dec. 17

Fees

drop-in fee of \$8
pre-purchase whole series for \$40

For more information go to
www.innerfireyoga.com
(click on schedule link to register)

INNER FIRE YOGA®

Reach Higher • Burn Brighter

www.innerfireyoga.com • 5003 University Avenue • 608-661-0167