Science of Spirituality Presents

Don't wait, Meditate!

Practical tips series for starting meditation - Class I

Presenter: Arvind Naik

"IF WE KNEW HOW MUCH BLISS AWAITS WITHIN, IF WE HAD EVEN AN INKLING OF IT, WE WILL DROP

ALL OTHER PURSUITS AND RUSH TOWARDS IT."

- SANT RAJINDER SINGH JI MAHARAJ

Most of us have learned to meditate at some point in our lives. We may have learned through a teacher or read a book. We now want to meditate but do not have enough time and motivation to do it on regular basis. Meditating in a community of meditators and with some practical guidance would help long way. We need expert guidance but no obligation to join any organization, <u>no fees</u> and a family friendly environment may just do the trick.

Yes we will also have fun learning activities for all children above 5 years of age.

FRIDAY - MAY 07 - 7:00 PM TO 8:30 PM

Lake Nokomis Community Center

2401 Minnehaha Pkwy Minneapolis, MN 55417

FOR REGISTRATION EMAIL: <u>anaik@sos.org</u> (send name, phone and email) FOR INFORMATION: call 651.204.7131 or visit <u>www.sosmn.org</u>

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Science of Spirituality is an international, multi-faith organization dedicated to love, unity, and peace, under the direction of Sant Rajinder Singh Ji Maharaj.