



MEDITATION

A 7- WEEK COURSE IN MEDITATION
FROM THE TEACHINGS OF:

SWAMI SATYANANDA SARASWATI

TAUGHT BY SANNYASI AMARAJYOTI

Suitable for beginners and those wishing to deepen their practice

THURSDAY EVENINGS ~ 8.00pm - 9.30pm

(Followed by tea & biscuits)

STARTING: Thursday 13th October 2011
(Half Term - Oct. 27th)

COST: £68.00 INCLUDING TEA/COFFEE & BISCUITS

VENUE: SATYANANDA YOGA CENTRE,

78 ST ALBANS RD, ARNOLD, NOTTINGHAM NG5 6GW

Contact Amarajyoti on: ☎ 0115 9206397

Email: amarajyoti@ntlworld.com or www.sycnottingham.com

Booking essential

I WISH TO BOOK FOR ~ 'MEDITATION' - STARTING ON THURSDAY 13th OCTOBER 2011

NAME

ADDRESS

.....POST CODE

PHONE: DAY EVENING

Email (if opened regularly)

I enclose a cheque for £68.00 payable to: AMARA JYOTI ~ 78, St Albans Road, Arnold, Nottingham NG5 6GW