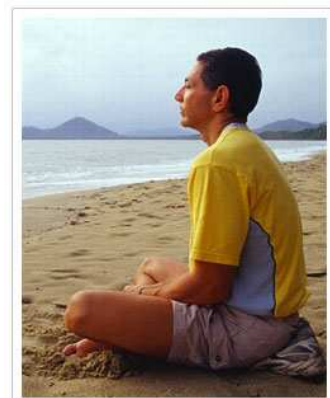


# MEDITATION

## FREE CLASSES IN GENEVA

***Classes are conducted in English or French and include a graduation certificate upon completion***



Founded in the early 1970s, the Sri Chinmoy Centre in Geneva is one of the oldest meditation groups in town. Our aim is to be of service to novice and experienced meditation aspirants in the Geneva area, free of charge and with lots of expert and loving care. Classes are conducted by skilled practitioners who have been meditating for many years and on many continents.

Our classes cover exercises that include:

- ♦ proper breathing, relaxation and concentration;
- ♦ guided visualisations and meditations;
- ♦ mantras, soulful music and development of positive qualities.

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***“...right from the very first day, you will feel the benefits of meditation ... during our meditation, if we can drink even a tiny drop from the sea of peace, we shall definitely experience peace in our lives.”***

*-- Sri Chinmoy, founder of the Sri Chinmoy Centre and a globally recognized master of meditation*



**Bring this flyer or a picture of it on your smartphone to one of our upcoming meditation classes and get a free audio CD featuring haunting flute music for meditation**

Meditation groups are formed on a rolling basis throughout the year. Register now, online or by phone, to book a seat in one of our upcoming meditation classes:

[www.GenevaMeditation.ch](http://www.GenevaMeditation.ch), tel. 022 321 9231 (during office hours)