

Intro to Meditation

with Vidyadevi Stillman

September 15, 2018

Saturday 10:00 - 11:00 am

Discover an easy pathway to deep meditation in just one hour. Instead of watching your mind, dive deeper inward, exploring your own Divine Essence by using the shortcuts that yogis specialize in.

Named *Svaroopā*[®] Vidya, this meditation methodology is based in yoga's ancient teachings coming from the Himalayan sages. Learn about the goal and purpose of meditation as well as the how-to basics. Get your questions answered and go home ready to add meditation to your lifestyle.

Vidyadevi Stillman CSYT, RYT 500, E-RYT 500



Svaroopā[®] yoga's premier teacher trainer, Vidyadevi, has been studying and teaching directly with *Svaroopā*[®] yoga originator Swami Nirmalanānda for 19 years. Her experience with students on several continents and direct support from Nirmalananda imbues her teaching with vast experience. Her previous work as a research scientist enlivens her understanding of the science of yoga. She travels extensively to lead retreats and trainings in both yoga and meditation. She communicates with ease, skilled in merging depth, clarity, lightness and humor. Her travels to India and personal retreats deepen her understanding and experience of the promise of yoga.



LOCATION

Bonavista Downs Community Centre
1418 Lake Ontario Rd SE
Calgary, AB, Canada

HOST

Rudrani (Rosemary) Nogue
403.271.7810

<http://www.blissyogacalgary.ca/>

FREE

Donations accepted. Register here:
<http://svaroopa.org/intro-to-med-180915>

