

Meditation Satsang

with Yogeshwari Fountain

July 17 2018

Tuesday 6:00 - 7:30 pm

This free program includes instruction in how to meditate as well as a discourse on the principles of spiritual life and practice.

Learn from the ancient sages and how to apply their insights to our modern life. A chant and meditation make it easy for you to apply what you've learned, exploring inward to the source of your own Being.

Yogeshwari (Melissa) Fountain CSYT, RYT 500



Yogeshwari is a Leading *Svaroopā*® Yoga and Meditation teacher, plus she teaches in *Svaroopā*® Vidya Ashram programs. For 18 years she has been teaching yoga and meditation classes and offering Yoga Therapy throughout Metrowest Boston. In 2008 she was invited to become a national teacher for *Svaroopā*® Yoga and Meditation, and has been enjoying leading Weekend Workshops for yoga studios across the country ever since.



LOCATION

Central Street Yoga & Meditation
57 Woodstock Rd.
(Intersection of Routes 4 and 12)
Taftsville VT 0507

HOST

Rama (Ruth) Brooke

802.457.7420

<https://centralstreetyoga.net>

FREE

Donations accepted. Register here:

<http://svaroopa.org/meditation-satsang-180717>

