

Meditation Day

with **Maria Abbruzzi**

June 14, 2019

Friday 9:00 am - 5:00 pm

No experience required, everyone can meditate. Experienced meditators will discover deeper dimensions within while new meditators experience how easy and powerful meditation can be. Meditation uncovers who you really are, at the deepest innermost level. This is easy with the shortcuts our tradition provides, the support and blessings of those who have already done this inner work. In addition to meditation instruction, other supportive practices contribute to the quality of your day and your inner experience. You go home feeling more like you, which is yoga's true goal.

Maria (Rukmini) Abbruzzi CSYT



In addition to teaching yoga, Rukmini Abbruzzi serves as Teachings Assistant to Swami Nirmalananda. She brings her heart to everything she does, offering these ancient and profound teachings in a way that is easily understood, making it easy for you to apply these yogic and meditative tools and to experience your own Divine Essence. Rukmini is a Certified *Svaroopa*® Yoga teacher, Advanced *Svaroopa*® Yoga Therapist, Meditation Teacher and Meditation Group Leader, with 16 years of teaching experience



LOCATION

1004 South Vista Avenue
Boise ID 83706

HOST

Victoria Osborn
208.867.0233
victoriajosborn@gmail.com

TUITION

Early Rate: \$161.00 USD
(on or before June 6, 2019)
Standard Rate: \$181.00 USD

REGISTRATION

[https://svaroopa.org/
meditation-day-boise-190614](https://svaroopa.org/meditation-day-boise-190614)

