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programs

January to April

workshops

Journey of the Soul

Sunday, 3:00 – 5:30pm
November 22

This workshop will explore the spiritual journey through time which every soul travels.

By understanding the self more deeply, one gains the tools to negotiate change with dignity and wisdom.

Registration required.

Positive Thinking

Sundays, 11:00am – 12:30pm
January 17 – February 7 (4 classes)
February 21 – March 14 (4 classes)
April 11 – May 2 (4 classes)

A better world is just a thought away. Join us as we explore tools and practices that harness the full potential of the mind.

Introduction to Raja Yoga

Mondays, 7:00 – 8:30pm
January 11 – February 8 (5 classes)
March 22 – April 26 (6 classes)

“Meditation, accurately directed,
makes God accessible to everyone.”

– Sr. Jayanti, God’s Healing Power

Raja Yoga meditation redefines the self as a soul and enables a direct connection and relationship with the Supreme Source of purest energy and highest consciousness.

Raja Yoga can be translated as ‘supreme union’, or as ‘highest connection’. Every soul has a right to experience this ultimate relationship.

Raja Yoga and You

Sundays, 3:00 – 4:30pm
January 10 – 31 (4 classes)
April 11 – May 2 (4 classes)

For students who have taken the **Introduction to Raja Yoga** course, and wish to deepen their understanding of the study – and application of its principles – in their daily life.

Pre-requisite: **Introduction to Raja Yoga**

Evening Meditation

Wednesdays, 7:00 – 8:00pm
Fridays, 6:30 – 7:30pm

Recharge, refresh and rejuvenate – all through the power of inner peace.
No registration required.

Easy Sundays

Sundays, 1:30 – 2:30pm

Open to all, **Easy Sundays** provides an opportunity to explore selected spiritual topics through words and reflection. The hour begins with a short lecture, and flows into a meditation experience on the theme.
No registration required.

World Meditation Hour

Third Sunday of Every Month | 6:30pm
Jan 17 | Feb 21 | Mar 21 | Apr 18

Whether or not you know how to meditate, you are invited to join us on the third Sunday of each month to dedicate 60 minutes of your time towards radiating peace, love and care to our world. Everyone is welcome, so bring your friends and family.

World Meditation Hour is followed by our ever-popular **J.A.M. & Chai** – an opportunity for spiritual reflection in a café setting. Light refreshments are served.

No pre-requisites unless otherwise indicated.

Registration is required for all courses.

To register, or for more information, call 403-209-2988 or email