

Meditation:

Learn to BE the *Spirit of the Season*

December 10, 2011

Saturday 1:00-4:00pm

REGISTER

646.442.6203

with

**Rama Nina
Patella**

PRICE

\$45 Pre-Registration

\$55 Day Of

LOCATION

Westside

Make the most of your life during the Holidays with Meditation using Asanas, Chanting and Pranyama.

Meditation allows your body and mind to experience a lasting feeling of joy that makes life filled with a new sense of wonder. By practicing meditation we come to know a place of deep stillness and relaxation unaffected by life's daily challenges.

Learn to use your skills not only in class but "Off the Mat" as well. A Delightful Holiday Season awaits us all.

Rama Nina Patella has studied with some of the greatest yoga masters both here and in India. She began her journey in 1974 when she met her meditation master, Swami Muktananda Paramahansa. Rama has been teaching yoga and meditation for over 35 years.

For more information about Rama visit her website at www.leelaramyoga.com.



ALL LEVELS

