

# Sudarshan Kriya™

Meditation *simply* happens



**Sep 27 - 29**

Fri. 6pm - 9pm

Sat./Sun. 9.00am-12.00noon

Fee: \$ 300

Student/Unemployed/Seniors - \$200

**English Teaching College**

Level 4 204 Willis street

Wellington

**Contact Sana**

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Contact Sana for more details

**Sudarshan Kriya™**

An easy breathwork to quiet your  
mind and overcome anxiety

**Happiness Program**

A 3 days 9 Hrs. program of breathwork  
and meditation with timeless wisdom  
bringing peace, contentment &  
love in to your life.

