



JVB PREKSHA MEDITATION CENTER, HOUSTON

ANNOUNCES

1-DAY PREKSHA MEDITATION WORKSHOP

AT

THE PYRAMID MEDITATION HALL

SATURDAY, MARCH 12th, 2011

9.00 am to 4.00 pm

Fee: FREE (*Pre-Registration is required*)

(Includes Lunch and Tea)

Open the Door of the Inner World To Solve Problems of the Outer World

Preksha Meditation is a technique of meditation for attitudinal change, behavioral modification and integrated development of personality.

- ❖ On a physical level it helps each cell in the body to revitalize itself.
- ❖ On a mental level it proves to be an applied method to train the mind to concentrate.
- ❖ On an emotional level the strengthening of conscious reasoning controls reactions.
- ❖ On a spiritual level it enhances the purity.
- ❖ Preksha Meditation can be learnt and practiced by anybody without distinction of caste, color, country or creed.

"As the name suggests, the focus of the workshop is Preksha Meditation. Meditation is the medication of the mind. It can change our bio-chemistry and thereby positive emotions can be developed that can build an integrated personality. One day of intensive meditation will be conducted in pure silence and a calm environment."

Venue: PREKSHA DHYAN PYRAMID HALL

JVB Preksha Meditation Center

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E-mail: info@jvbhouston.org **Phone:** 281.596.9642

For more information contact:

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Jainesh Mehta: 281.844.0676; Shashank Jain: 832.563.8495

Please Note:

Age 18 and above only

There will be complete silence during the Workshop

Wear loose clothes, preferably white/light colors

Bring your own yoga mat/towel and cushion (for meditation)