

Science of Spirituality presents

Music and Meditation in Montrose

with
Etienne de Lavaulx



Wed June 7, 14, 21 & 28 7.00 - 8.30pm

Montrose Public Hall 1/1B Leith Road

This programme blends soothing guitar music with meditation. You will learn JYOTI MEDITATION (meditation on the inner light), a simple but effective method which will bring out your innermost qualities and enhance your powers of concentration.

Science of Spirituality is a non-profit international organisation dedicated to transforming lives through meditation under the guidance of Sant Rajinder Singh Ji Maharaj (who recently addressed the United Nation on the topic : "Meditation as Medication for the Soul")

Etienne de Lavaulx is a french born musician who has practised meditation for the past 40 years.

NO CHARGE

Registration is recommended. To register, please contact:
sos.org/aus/australia - email melbourne@sos.org or ring 0425 756 258

Each session includes meditation instructions

