



Art of Meditation Workshop

A free workshop conducted by Swami Ishwarananda of the Chinmaya Mission and hosted by the India Association of New Hampshire (IANH)

Spiritual life finds its fulfillment in the elimination of all divisions. Saints emerged out of their meditation, realizing their universal nature. Meditation is not just another activity of the mind. It is the state of mind, where it discovers itself as the Universal Self. In the Art of Meditation you can learn the theory and practice of Meditation in daily life.



About the Speaker: Swamiji was qualified software professional when he first met Gurudev Swami Chinmayananda in 1986. That meeting caused his life to change dramatically. He joined Sandeepany Sadhanalaya in 1991 and underwent an intensive study of Vedanta for two years. After serving in India for two years, he became the Acharya of the Los Angeles center of the Chinmaya Mission and has taught Vedanta to a number of students.

Location: St. John Neumann Church
708 Milford Rd, Merrimack, NH 03054
Phone: (603) 880-0825

Date: Saturday, January 22, 3 p.m. to 5 p.m.

Any questions, please contact Deepa Mangalat at dmangalat@comcast.net or 603-880-0185

Directions:

- Take Exit 8 on Rt. 3 in Nashua (North or south depending on whether coming from Merrimack/Manchester or Nashua) and proceed all the way till this road intersects 101A West (Amherst Street)
- Make a right onto 101A west, go past several traffic lights (cross Palika Bazaar, India Palace on the right; past Target on the left) until you see a McDonalds on the left
- This church is behind this McDonalds (across from big Harley Davidson showroom) at the intersection of Continental Boulevard.

<http://www.ianh.org>