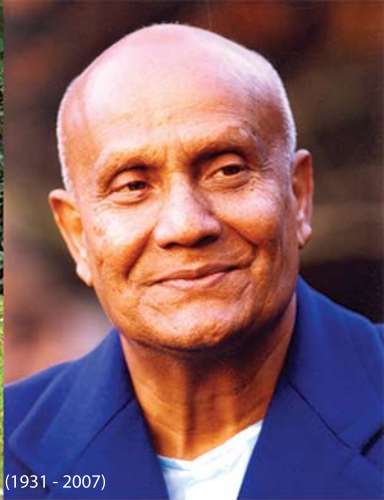




Sri Chinmoy (1931 - 2007)



Meditation

Free weekend workshop

Meditation is a thousands of years old practice leading to **self-fulfillment** and **self-discovery**. Our workshops and classes are given by **experienced meditation teachers** that have meditated for many years under the guidance of spiritual teacher Sri Chinmoy. Discover how simple meditation exercises can lead to **inner peace**, lasting **joy** and universal **love** and **success**.

All our classes are free of charge.

Saturday Nov 10th and Sunday 11th
Time: 16.00 - 20.00 (both days)

The Oslo Public Library, Majorstuen, Harald Hårfages gate 2

This workshop will be followed by weekly meditation classes

Organizer: Sri Chinmoy Centre

More info and sign up: www.oslomeditation.org