

Meditation Course

dibellayoga
specializing in
Svaroopaa®yoga
The Depot Shoppes
31 Plank Ave. #304
Paoli, PA
610-578-0733
www..dibellayoga.com

3 week series:

Saturdays

9:30 AM – 11:30AM

April 17~24~May 1

\$90. // \$75. for repeats
(includes materials)

Polly DiBella, RYT500,
is certified as a Svaroopaa®
yoga and meditation
teacher. She brings 34 years
of personal practice and 24
years of teaching
experience to her courses.



Want to quiet your mind? Do you want more fulfillment in your life? Would you like to experience inner peace?

Learn the simple, yet powerful practice of meditation. This course will assist you in clearing the obstacles to living with a quieter mind. You will learn the basic principles to get started in a meditation practice and also to strengthen an ongoing practice.

Meditation benefits:

- *calms and centers the mind*
- *relieves stress*
- *opens the pathways to creativity, humor, clarity*
- *creates a sense of inner ease*
- *cultivates grounding*
- *cultivates connection with your inner divine Self*

Meditation is the ancient practice of directing the mind to experience the deeper dimensions of your Self.

