



MEDITATION

THEORY & PRACTICE

UK Tour with Swamiji
His Holiness Paramhans Swami Maheshwarananda

EDINBURGH

EVENING LECTURE

Quaker Meeting House
Tuesday 7 September
7pm

MORNING WORKSHOP

Mahaprabhu Deep Ashram
Wednesday 8 September
10-11.30am

EVENING WORKSHOP

Mahaprabhu Deep Ashram
Wednesday 8 September
7pm

Suggested donation:

£10 per programme

proceeds to Yoga in Daily Life humanitarian projects

BOOKINGS & MORE INFO:

YOGA IN DAILY LIFE SCOTLAND

Mahaprabhu Deep Ashram
2 Montgomery Street Lane
Edinburgh EH7 5JT

edinburgh@yogaindailylife.org

0131 629 9895 | 07810 154181

www.yogaindailylife.org.uk

SWAMIJI UK TOUR 2015 - LONDON - BIRMINGHAM - EDINBURGH - 1-8 SEPTEMBER

MEDITATION - THEORY & PRACTICE

with Swamiji



His Holiness Paramhans Swami Maheshwarananda, respectfully known as Swamiji, is widely renowned as a great humanitarian worker and spiritual master - he has become a source of inspiration for thousands of people who are striving for better health, inner peace and spiritual realisation.

Swamiji's practical teachings are embodied in *Yoga in Daily Life* - a holistic system of healthy living based on traditional yoga principles. There are charitable *Yoga in Daily Life* centres and ashrams all over the world offering these profound yet simple teachings and practices to all - regardless of age, ability, social status, nationality or spiritual faith.

EDINBURGH

Tuesday 7 September 2010 - 7pm **Evening Lecture**
Quaker Meeting House 7 Victoria Terrace, Edinburgh EH1 2JL
An opportunity for questions and answers, with practice of Meditation.

Wednesday 8 September 2010
10-11.30am **Morning Workshop**
7pm **Evening Workshop**
Mahaprabhu Deep Ashram 2 Montgomery Street Lane, Edinburgh EH7 5JT
Simple techniques and timeless solutions to overcoming inner and outer obstacles, with guided Meditation practice.

Suggested donation: £10 per programme (proceeds to *Yoga in Daily Life* humanitarian projects)

Bookings and further information:

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www.yogaindailylife.org.uk | www.swamiji.tv

"The essence of Yoga & Meditation is very simple; it is about your happiness. Yoga is not just physical fitness training. It is an authentic holistic tradition inclusive of contemplation & meditation. Its aim is for you to achieve your fullest potential in life, since you possess a storehouse of immense happiness within you! It's not essential to be young & supple to practice Yoga & Meditation...all that is needed, is a desire to be happy."

His Holiness Swamiji

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