

workshop on

# PREPARATION FOR MEDITATION

Trouble meditating? Can't concentrate? Has anyone ever taught you how to concentrate? If you'd like to learn how to meditate then this workshop is for you.

To be able to meditate and sustain this practice in your life, it is essential you:

- Acquire a clear understanding of how the mind works
- Work with your subconscious to remold old habit patterns and create new ones
- Develop your willpower and concentration
- Create a practical and systematic approach towards meditation

In this workshop you will discover simple yet highly effective practical tools that when implemented into your daily routine, with consistent practice, will help you sustain a meditative lifestyle

Beginners welcome.

## Where:

Fremantle Yoga Center  
Door 2, E-Shed,  
On The Harbours Edge  
Victoria Quay,  
Fremantle WA 6160

## When:

Sat, 21 Aug 2010  
2:30pm to 4:30pm

## More info:

Please visit  
[www.VedicOdyssey.com](http://www.VedicOdyssey.com)

More Information

[www.VedicOdyssey.com](http://www.VedicOdyssey.com)



## Reserve

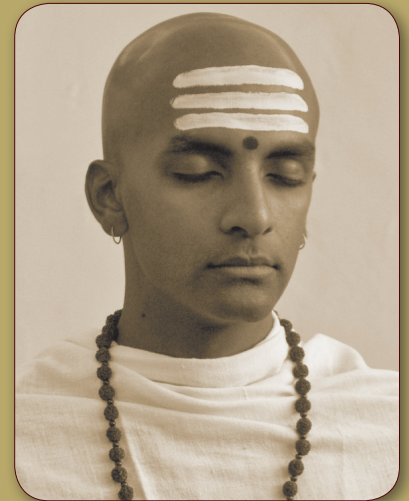
To reserve:

[info@fremantleyoga.com](mailto:info@fremantleyoga.com)

Phone: 1300 88 10 46

## Cost

\$45 pre-registered or \$55 at the door. Cash only. Because of limited seating, we suggest reserving your seats in advance. Bring paper & pen to take notes.



## Presenter

Hindu priest and meditation teacher, Dandapani lived for 10-years as a monastic at Kauai's Hindu Monastery in Hawaii, USA, studying and practising the ancient Hindu yogic teachings that focus on the use of meditation, yoga, and worship of God as the keys to unfolding a person's deepest potential through personal self-effort. Dandapani currently resides in New York City and conducts workshops and spiritual adventures in the US and abroad. See website for the upcoming spiritual adventure to the Himalayas (Nepal and North India) in Oct 2010.