

# MEDITATION WORKSHOP



## Finding the Stillness Within with Rameen Peyrow

This is an incredible opportunity for you to experience and learn an authentic meditation practice. This course will provide you with the essential tools necessary to develop a deep long lasting meditation.

Rameen Peyrow, has been studying & practicing the yogic meditation technique for over 20 years. Come experience more enjoyment & appreciation for life while facilitating a greater sense of calmness and overall health & wellness. Meditation combats the stresses of our very fast paced world.

Learning to breath peacefully through meditation will allow you to relax & will also increase your mental clarity & focus. Meditation has the power to build a better life for you.

A handwritten signature in brown ink that reads "Rameen".

**Dates:**  
Wednesdays 3 - 4 pm  
February 3, 10, 17, 24

**Cost:**  
\$50

**To register:**  
call 433-8999 or  
email: [info@theyogaloft.com](mailto:info@theyogaloft.com)

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