



# The Importance of Meditation

## A FREE TALK & GUIDED MEDITATION SESSION

11 a.m.

Saturday, Sept. 16, 2017

No registration required

Ram Dham Hindu Temple

and Brahmvidya Yogashram

525 Bridge St. E., Kitchener

Explore the theory and the practice of meditation, with its long tradition in South Asian culture as your context, and Swami Haripriya, a priest at Ram Dham Hindu temple, as your guide.

An opening 30-minute talk will be followed by a guided 15-minute meditation session.

**Ram Dham Hindu Temple and Brahmvidya Yogashram is a place of worship, cultural and social activities, and a centre of higher learning where the Brahmishi Mission of Canada seeks to share Vedic ideology and its divine way of life, unity in diversity, and universal kinship among all peoples based on mutual love and service.**



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