
MANTRA MEDITATION WORKSHOP WITH AMBARISHA DAS

(One session only)

Mantra Meditation is a simple technique of meditation involving chanting ancient Vedic “Mantra” in Sanskrit language which sages from ancient India have used since antiquity to achieve **Detachment** and **Self Realisation**.

Whether you are a beginner or an expert meditation practitioner, Mantra Meditation will give you the required strength to always remain happy and manage your Stress.

The Workshop is broken into four sessions:

Session 1: Quite/Detox time (preparation time)

Session 2: Deep breathing (“Pranayama” breathing technique)

Session 3: Insight in to Vedic wisdom (Science of Self Realisation)

Session 4: Mantra Meditation (Process of Chanting)



Session’s 1 & 2 gives us the tools to calm our senses and become peaceful (Some meditation teachings will stop at this level). But for us it prepares us for Session 3 to get an insight in to the profound teachings of ancient Vedic books “Srimad Bhagavad Gita” and “Srimad Bhagavatam” and Session 4, introduction to the Mantra which we will chant and meditate on.

By regular use of Mantra Meditation the practitioners have found great benefit in managing **Stress, Anxiety**, attaining **lasting peace**, control **harmful habits** like excessive drinking & smoking, **healing** oneself and **realising** that one is a **Spirit Soul**.

Ambarisha Das has been practicing and teaching Mantra Meditation for over 8 years. He is teaching under the guidance of his Guru, His Holiness Srila Mahavishnu Swami the disciplic succession is coming down from antiquity.

All are welcome to join the one and half hour session.

Event details:-

Date: Thursday 29th April, 2010

Place: Grey Lynn Community Centre

Venue: Garden Room

Time: Evening 6.30 pm to 8 pm

Entry by Donation.

Reserve your seat today: Call Ambarisha Das – 098284345, 0211464511

