

Breath and Meditation Seminar

(FREE to all MRU students, staff and faculty)



Date: Thursday, October 15, 2009; 12 noon - 1 pm

Location: MRU Meditation Centre; Room W201

International Facilitator: Bhavesh Tolani, Art of Living Foundation

Come and experience:

- **Yoga Asanas** that will not only work the muscles and joints but also the inner organs
- **Breathing exercises** to increase the lung capacity that in turn helps to flush out stress and toxins from the system
- **Meditation** to give total rest to the mind and body

Session concludes with an interactive discussion and introduction to the Art of Living Workshop.

Participants should attend with an empty or light stomach, wear comfortable clothes, bring a Yoga mat and bottle of water.

Since we have only one hour, please plan to arrive on time.

Limited to 20 participants.

Please RSVP to Julia

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