

# LEARN TO MEDITATE

## Course Introduction

In this 90-minute introductory talk (a prerequisite to enroll in the Vedic Meditation Course), you'll discover what Vedic meditation is, how it works, and the profound benefits it delivers. You'll gain a clear understanding of what it takes to learn this time-tested technique. There will be ample time for questions and answers.



Here's what you will gain from this course: *(details on Vedic Meditation Course flyer).*

- A proven method to quiet mental noise
- Better sleep
- Noticeable reduction in anxiety and depression
- Expert instruction
- Unleashed creativity
- Sharper reflexes and quicker decision-making
- Greater stability and adaptability
- A practice that releases accumulated stress and increases happiness
- A time tested technique which predates Buddhism and Greek civilization
- Connection to a worldwide network of Vedic meditation instructors and meditators

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**MONDAY, FEBRUARY 10TH • 6:30PM – 8:00PM**  
**THURSDAY, FEBRUARY 13TH • 7:00PM – 8:30PM**  
**SATURDAY, FEBRUARY 15TH • 10:30AM – 12:00PM**  
**THURSDAY, FEBRUARY 27TH • 6:30PM – 8:00PM**

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*LOCATED IN THE CONFERENCE ROOM.*

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THESE INTRODUCTORY LECTURES ARE FREE TO MEMBERS. GUEST FEES APPLY.

**SIGN UP AT THE SERVICE DESK.**