

# FREE MEDITATION CLASSES



Bird drawings  
by Sri Chinmoy



Based on the Teachings of  
Spiritual Master Sri Chinmoy

Meditate silently,  
You will be able to create  
A totally new life  
For yourself. – *Sri Chinmoy*

- Learn simple but powerful meditation techniques
- Find inner peace and joy
- Discover your true potential
- Inspiration to build and maintain your daily meditation practice

**Tuesday Evening Series  
Starting May 29<sup>th</sup> at 7 pm**

**Sri Chinmoy Centre, 5651 University Way NE**

Admission is free, but reservations are appreciated

Kindly register by calling **(206) 322-2600**

A free community service of the Sri Chinmoy Centre of Seattle, Est. 1974  
[www.Seattle-Meditation.org](http://www.Seattle-Meditation.org)