

VIVEKANANDA INSTITUTE OF HUMAN EXCELLENCE
Ramakrishna Math, Hyd - 500029.
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Steps To Meditation And Spiritual Life
(Offline Course)

Guided by:
Swami Bodhamayananda Ji
Adhyaksha,
Ramakrishna Math, Hyd.

What you will learn:-

- Introduction and Importance of Meditation
- Meditation According To Yoga and Vedanta
- Difference Between Concentration & Meditation
- Steps To Reduce Stress & Tension in Daily Life
- Theory and Practical Techniques of Meditation

Duration: 4 Days (Mon-Thu) Age: 25-60 Yrs.
From: 25-Nov-2024 To 28-Nov-2024 Fee: Rs. 200/-
Class Timings: Evening 6.15 pm to 7.30 pm

For online registration please visit:
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