



## YANTRA MEDITATION

The Mandala or blueprint is one's "kavacha" or protection that surrounds the body like an invisible shield. It enables one to face life in much the same way as the armour worn by a soldier.

Mandalas or Yantras are efficient mediums for repairing the disturbances in the ups and downs of life.

## MEDITATION CDs



The Art of  
Relaxation  
\$20

The Art of  
Meditation  
\$20

Mala  
Meditation  
Beads  
\$20



### ABOUT LAYA

**Swami Layananda Saraswati leads  
Meditation for Transformation.**

She was Initiated into the Dashnai order of Sannyasa by Swami Satyananda Saraswati, Rikha, India and worldwide.

The components of her practice include yoga postures, breathing techniques, meditation, kirtan and vedic chanting, Yogic & Buddhist teachings and philosophy.



Over the years her goal has been to cultivate long-term relationships with people who want to deepen their understanding of Yogic and Buddhist teachings and practice.

Layananda maintains dedicated and focused workshops, retreats and private sessions.

As a teacher for the Dasnami Order, her research and teachings explore the introspection of committed spiritual practice and social action.

Meditation for Transformation

# MEDITATION YOGA & ECSTATIC KIRTAN CHANT YOGA

## LENNOX HEAD



## CLASSES WORKSHOPS COURSES RETREATS

## Weekly

### YOGA ASANA, PRANAYAMA

Monday 6.30 – 8pm @ \$15

Using the practices of Yoga & Meditation for a complete body mind balance.

### MEDITATION WEEKLY

Tuesday 6.30 – 8pm @ \$20

Designed to calm & clear the mind, build up resistance to stress & learn practical meditation tools to us daily.

These are powerful tools for change.

### MEDITATION DAY COURSE

Wednesday 10.30 – 12pm

For Beginners



### YOGA THERAPY

Personalized guidance & counseling for self-improvement, spiritual development & healing support from mental, emotional or physical trauma @ \$30/hr



## Workshops

### KIRTAN VEDIC CHANTING FOR KIDS WORKSHOP

Lennox Head



**Tuesday May 22<sup>nd</sup> - 4.30-5.30pm**  
**4 sessions @ \$55**

They will learn how to sing, play an instrument in kirtan, lead a kirtan, chant vedic mantras. Fun, active & creative. Also at Mullumbimby.



### KIRTAN CHANT WORKSHOP LENNOX HEAD

Saturday May 26<sup>th</sup> -10am – 2pm @ \$50

In this workshop you will explore a variety of chanting styles, rhythm, vocal toning, kirtan and devotional song.

You will learn vocal toning and singing, kirtan, play an instrument and chant vedic mantras.

This is for the adults.

## Retreats

### MEDITATION FOR STRESS

Lennox Head

SATURDAY JUNE 8<sup>th</sup>, 2012

9 – 5 pm @ \$120



Often a weekly class is just not the go.  
Life is busy.

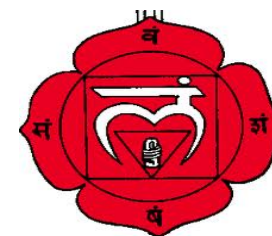
This One Day Retreat will offer you a chance to rest, take a break from the worries and responsibilities, learn some meditation & yoga tools to keep stress at bay in a tranquil, quiet atmosphere.

Vegatarian meals are provided.

Bring blanket, pillow, mala beads.

### THE ART OF MEDITATION CD LEARN THE CHAKRAS

\$20



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