

MEDITATION & YOGA PHILOSOPHY with SWAMI VISHNUDATTA

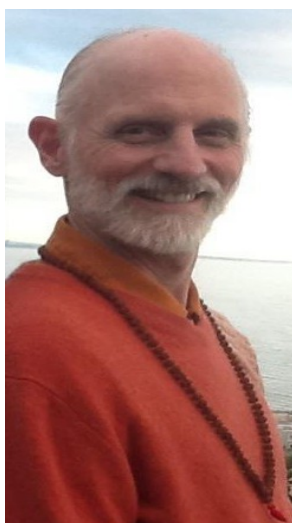
1st Class FREE for Both Classes!

Meditation – starts Jan 5 – **Tuesdays @ 1:30 pm**

Yoga Philosophy – starts Jan. 7 – **Thursdays @ 1:30pm**

Vishnudatta has been meditating for 45 years. He has studied and practiced in many traditions: Christian, Sufi, Hindu, Buddhist, Taoist and Aboriginal.

Teaching meditation since 1973, he offers *Sahaj Dhyana Yoga* – *Spontaneous Meditation* – given precisely for these times of spiritual challenge & promise.



Author, teacher, poet, philosopher, Vishnudatta has learned from sages and adepts who gained full development in their respective traditions.

In 1992, he founded a non-profit, Sanctuary House, focused on sacred community, inter-religious dialogue, meditation, prayer & retreat.

SEASIDE YOGA SANCTUARY 300 Grand & Laurel Pacific Grove, CA 93950

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