

# Still Your Rambling Mind



## Learn the InnerYoga of Meditation

Three workshops at

**Yoga on Main**

*Wednesdays - Nov. 12th, 19th and 26th*

*6:30 - 9:30PM*

Learn a series of progressive yoga practices that lead one deeply into the meditation experience.

These are classic methods of *Raja Yoga*, *Kriya Yoga and Tantra*, which lead one from *Asana*, through *Pranayama*, *Pratyahara* and *Dharana* into *Dhyana* – silence of mind – *Meditation*.

Fee: \$75 for complete program or \$30 per class

*Register today!*

Location:



**YOGA ON MAIN**

4363 Main Street  
Manayunk, PA 19127

**Call 215-482-7877 to register.**



Meditation is life's greatest adventure.

The goal of Asana is to make the body ready for Meditation

Through deep meditation we experience inner realms of consciousness that are more glorious than the subtlest realms of ordinary matter.

Lasting happiness and peace of mind can only be found by turning within and exploring the depths of the mind, heart and inner being.

Through the practice of deep meditation we can still the rambling mind, develop intuitive wisdom and touch the Divine essence within us.

**Instructor: Ed Zadlo D.Ay**

*Ed Zadlo (Acharya Premananda) is one of the most experienced teachers of Yoga in its broader and deeper applications that one can find in America today.*

*He is a Certified Ayurveda Practitioner, Integral Yoga/Ayurveda Therapist and Acharya of Yoga/Vedanta, Ayurveda and Vedic Dharma.*