

# JVBNA

Proudly Presents

## Preksha Dhyana Certificate Course

### Preksha Meditation Can Help You:

- Improve mental and emotional health
- Enhance creativity and develop career skills
- Increase Will-power, achieve goals, and much more
- lead more happy, peaceful, harmonious and meaningful life.

Under the Spiritual guidance of

Samani Sanmati Pragya & Samani Shukla Pragya

Disciples of Acharya Shree Mahapragya

### When?

Every Saturday

Starting on 8th May, 2010, for eight weeks at 9.30AM- 11.50AM

### Where?

Contact: JVBNA Center

Registration fee is \$150 per person. Course material will be provided. Certificate will be given after passing the final exam. Space is limited & registration will be accepted on first come first served basis. The last date of registration is 2nd May.

**Please Find the attached registration form.**

### Please note:

- Schedule is subject to change according to the convenience of Samanijis and the class participants.
- In case of Samanijis' absence, a substitute trainer may conduct some classes.

Contact - JVBNA at 732-404-1430

Email: [jvbnj@yahoo.com](mailto:jvbnj@yahoo.com) Website: [www.jvbna.org](http://www.jvbna.org)