

Tokyo Special Seminar 3rd November (Tuesday)

First Part [Change – Small changes can change your life]

Second Part [Swamiji and India's healing music]

Place: Shinjuku, Soushidou Hall

Doors open: 13.00

Programme starts: 14.00 (ends approximately at 18.00)

Free admission

Whilst living with stress and anxiety, we are all searching for happiness. How can we transform the difficulties we face in life? When the problems seem overwhelming how do we take the first step forward in overcoming them? We learn how to do this through India's ancient wisdom teachings. After this, we gain some practical experience through meditating to the sound of Swamiji's bamboo flute music. Swamiji is a renowned Indian flautist and the meditative sound of the flute music entrances people all over the world. We can also enjoy an Amma video and Indian tea and snacks.

Enquiries: swamiji2009@amma.jp

Tokyo Programme Tel number: 042-401-5110 (10am-6pm)