

Inner Light (JYOTI) Meditation: Free Monthly Event

Dr. Alan Post

10/02/10 4:00 pm - 5:30 pm
Free

11/06/10 4:00 pm - 5:30 pm
Free

12/04/10 4:00 pm - 5:30 pm
Free

01/08/11 4:00 pm - 5:30 pm
Free

Jyoti meditation is a simple, yet deep practice, taught under the non-sectarian guidance of Sant Rajinder Singh. This meditation focuses on the Light within, calming the mind and opening the practitioner to the source (s) of peace found within everyone. Each session will include some brief instruction, followed by meditation sittings, inspirational readings, and time for reflection. All are welcome.

**For more detailed information visit our website
at allthatmatters.com or call 401.782.2126**

Dr. Alan Post Alan Post is a chiropractic physician who practices integrative medicine in North Kingstown and is fortunate to have studied meditation under the guidance of several Indian Masters.



ALL THAT *Matters*
Yoga and Holistic Health Center

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401-782-2126 * www.allthatmatters.com

All That Matters, a yoga and holistic health education center, established in 1995, offers 45 yoga classes each week, educational programs, comprehensive holistic healthcare, a reading room and store. Contact us for our complete catalog.