

DISCOVER PEACE WITHIN

# LET'S MEDITATE

Experience the peace  
of meditation, music,  
visualisation and mantra



Offered as a free  
community service  
by the  
Sri Chinmoy Centre

**FREE  
EVENT**

- Guided visualisations
- Chant ancient mantras
- Instrumental & vocal music groups

**SUNDAY JULY 10, 4.30PM**

Sri Chinmoy Centre, 363 St Asaph Street  
Seating is limited. To register phone Christchurch 974 3137

For more information visit [letsmeditate.org](http://letsmeditate.org)

# LET'S MEDITATE CHRISTCHURCH

## An experience of meditation, music and mantra

This special event will offer you the opportunity to escape from the stresses of daily life joining others to experience the peace and power that comes from collective meditation.

No prior experience is necessary as you will be introduced to basic techniques of meditation that will awaken your spiritual heart. The evening will feature guided visualisations, musical performances and group chanting of ancient mantras.

Feel the inner tranquility and joy that are created when many people join together in meditation.

### PRESENTED BY SUJANTRA McKEEVER

Sujantra McKeever has meditated for over 30 years. He is the founder and owner of Pilgrimage of the Heart Yoga Studios in San Diego, and is an ACE certified Group Fitness Instructor. He has authored five books on eastern philosophy, success, motivation and meditation. Two of his books have been used by major universities to teach wellness, stress reduction and comparative religion. Over the past 20 years, he has delivered over one thousand lectures on meditation and yoga in over 25 countries.



**LET'S MEDITATE, Sunday 10 July, 4.30 to 6pm**

#### Supplementary Talk:

**INTRODUCTION TO MEDITATION, Saturday 9 July, 3pm to 4.30pm**

*"If we can invoke peace and then offer it to somebody else, we will see how peace expands from one to two persons, and gradually to the world at large."*

~ Sri Chinmoy

**Visit [letsmeditate.org](https://letsmeditate.org) or [meditationchristchurch.org](https://meditationchristchurch.org)**