

# LEARN TO MEDITATE

October 20-22<sup>nd</sup>

**Free Introductory Talk Saturday, October 20th**

Neelakantha Meditation is the practice of deep meditation that works to bring about transformation, healing, and benevolence in your life. It is a daily meditation practice that is governed by the principle of effortlessness, which is easy to learn and practice and is accessible to everyone. This two-day course is the beginning of a lifetime of practice. You will learn the practice itself and the specific context and foundational principles underlying the practice, which is rooted in Svatantra - the Tantric teachings of the ultimate freedom of Consciousness.

**This course includes 18 months of support, access to an online wisdom library and monthly live teleseminars.**

Join us for a **FREE INTRO TALK**  
**Saturday 4-5:30pm**  
**603-770-3383 for information**  
**and directions**



**The cost for this course is \$450.00**  
**Saturday 4-5:30pm Free Intro Talk**  
**Sunday 10-5pm**  
**Monday 5-9pm**

**Address: 60 Pointe Place, Suite 29**  
**Dover, NH**  
**Registration: [www.namalini.com](http://www.namalini.com)**  
**[catherine@ohayer.com](mailto:catherine@ohayer.com)**



Catherine Stewart has been studying the yogic tradition in varying forms since 2004 and engaged in the formal practice of Neelakantha Meditation and deep study of the tradition since 2009. Known for her humor, patience and unique perspective to be able to distill these teachings it is from this platform of immersion and experience that she supports others as they begin to open their awareness to the inherent possibility of wholeness inside themselves and find relevance in the ancient teachings of this tradition in their modern daily lives.