

The Art of Samadhi

Trance is Ordinary for Extraordinary People.

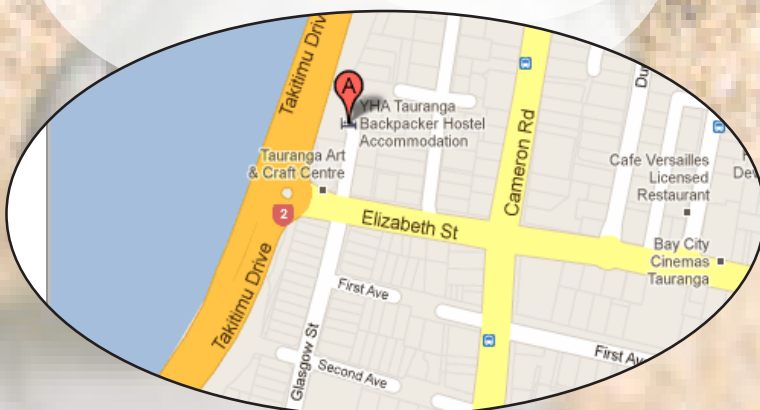
An evening with Prem Prayojan
World renowned teacher,
author and practitioner
of Yoga Philosophy

Tauranga Yoga Centre
Elizabeth St West

Saturday
11th May

5 - 7pm ♥ Free
vegetarian meal

All welcome
Free entry



Contact Ashok 021 1252965



We all know what it's like to be awake, to dream, or to be in deep sleep. But there is a fourth state of consciousness which is considered to be the goal of Yoga - samadhi, or trance. Samadhi is a state of ultra-awareness in which all questions are answered and all attainments become effortless reality.