

Introduction to SIDDHA YOGA® Meditation



Siddha Yoga Meditation Center
in Atlanta

Saturday, February 8, 2020

7:30 - 9:00pm

*Siddha Yoga meditation connects us to the
very core of who we are.*

This event is especially designed for those new
to meditation but will also benefit those wishing to
strengthen an existing practice.

You will be guided through each aspect of
Siddha Yoga meditation, including posture,
breath, and mantra.

Invite a friend to participate with you!

No registration required.