

Community Nights at City Yoga

The Basics of a Meditation Practice

Tuesday

April 8

7:30pm

FREE!

Everything you truly seek, you already contain. Join senior certified Anusara Yoga instructor Noah Mazé for a practical and experiential evening to empower you to start, or refine, a meditation practice.

After a short introduction to the vast subject of meditation, Noah will explain and guide you through a sequence of meditative techniques that you can use at home. Come learn the basics of Tantric meditation.

- dharana
- dhyana
- samadhi

If time allows, attendees are welcome to bring questions.

Please R.S.V.P. by calling
323-654-2125



Noah Mazé



@ West Hollywood

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