

**FREE**  
PUBLIC EVENT

# Why Meditation?

A GUIDED MEDITATION SESSION  
FOR HEALTH, CLARITY AND WELLBEING

## SESSION DETAILS

**DAY** SATURDAY 26<sup>th</sup> NOVEMBER, TIME 5:00pm to 6:00pm  
**VENUE** Harrow High School(Drama Studio, First Floor, Sports Block)  
Gayton Road  
Harrow HA1 2JG

**EMAIL** : [ishakriya-uk@ishafoundation.org](mailto:ishakriya-uk@ishafoundation.org)  
**MOBILE** : 0790 189 7521

This session will offer:

- An insight into the benefits of meditation as an effective tool to maintain physical health and mental wellbeing.
- Isha Kriya, a simple and potent 15-minute meditation
- A free DVD of the meditation, so you can practice at home and share it with others

This event is open to all above 12 years, is chair-seated and does not require any previous experience of meditation.

**For more information**  
[ishakriya-uk@ishafoundation.org](mailto:ishakriya-uk@ishafoundation.org)

**isha**  
**FOUNDATION**