

# FREE to the PUBLIC

The Spirit Room presents...

## MEDITATION LESSONS

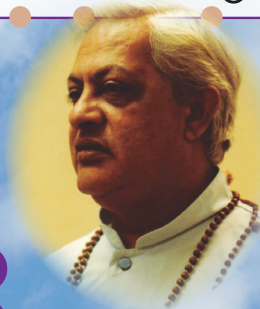
according to the teachings of Gururaj Ananda Yogi



Taught by

**Vidya Anderson, Ph.D.**

President, American Meditation Society



Opportunities throughout

# SEPTEMBER



● **Beginning Meditation—A Tool for Living**

Thursdays, 7:30pm-9:00pm

(September 4, 18 & 25 – no class 9/11)

● **Intensive Instruction—Mantra & Visualization**

Saturdays, 10:30am-12:00pm

(September 6, 13, 20 & 27)

● **Change Your Perceptions—A Two-Part Workshop**

Sundays, 1:00pm-3:00pm

(September 14 & 21)

**[www.spiritroom.net](http://www.spiritroom.net) or call 701-237-0230**

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