

5 FAMOUS MEDITATIONS



Presented by Jeffrey Armstrong ~ Kavindra Rishi

Award-Winning Author & Founder of VASA - Vedic Academy of Sciences & Arts
JEFFREY ARMSTRONG, is a Master teacher of Eastern wisdom. He has degrees in History & Comparative Religion, Psychology and Literature and has been an initiate of Yoga, Tantra and Mantra practices for the last 40 years. He travels globally speaking to Universities, Ashrams, Yoga Studios and Corporations.

Free Your Mind, Balance Your
Body, Heal Your Soul
Ancient Meditations and Sacred
Initiations for the Modern World

www.JeffreyArmstrong.com

A Series of 5
Unforgettable
Wednesday Classes

Nov 18-Dec 16
2009

WHERE: VASA - Vedic Academy of Sciences & Arts
6300 Danube Rd, Richmond BC

TIME: 7 PM Light Dinner, dessert ,chai included
7:30 Program Begins

COST: \$20 per class All Welcome

RSVP: Requested by Tues. NOON 604-275-6567

Featuring CHANTING
with Pete McCormack

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