

# 7 STEPS TO AWAKENING



## Beautiful Blissful Inner Self

'SAT CHIT ANAND SWARUPA'



Sister Hansa

It's the time now to touch true lasting happiness and real peace. Life seems to throw many obstacles our way, and is moving faster each day. Imagine being deeply rooted in peace and wisdom that nothing can agitate, irritate or frustrate you.

Through Raja Yoga and life's different situations, learn how these become the journey for the true happiness that we seek.

**Sister Hansa** will take us step by step method to realize these gifts and how to experiment and experience them thru Meditation ,Spiritual Breathing , Visualization techniques .. will uplift your spirit with her joyful nature and Love.

**Coordinator , Rajyoga Meditation Teacher and Spiritual Coach** has fully dedicated life to service to community, last 40 years, traveled different part of India, Asia and UK and now in past two decades USA sharing Ancient wisdom thru simple stories , blending eastern and western cultures ..

Very active member of Interfaith council of Sacramento , writer of two books

1. Ancient wisdom for modren times
2. Small stories Big blessings ..
3. Composer of audio CD pilgrimage of love

**Dates:** Thursday, June 15  
Thursday, July 13  
Thursday, August 17

**Time:** 7:30pm-8:45pm

**Where:** Yoga Shala Arden, Arden Plaza Shopping Center,  
4397 Arden Way, Sacramento, CA 95864

• \$20 • RSVP appreciated • Open to all • Voluntary contribution from the heart welcome

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