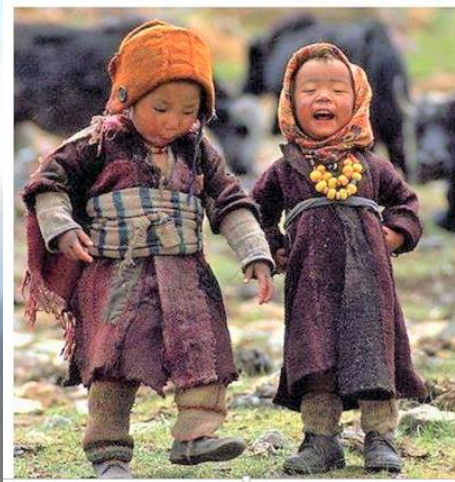


# A MEDITATION DAY

Relaxing into the  
extraordinary ordinariness  
of everyday life



**Sunday 22<sup>nd</sup> October 9.45-18.00**

DMAC Studio 2, Hamilton House, Bristol, BS1 3QY  
with Sudheer Niet

The day will include OSHO® active meditations,  
self-hypnosis and relaxation techniques,  
and guided meditations from *The Book of Secrets*  
(Osho's commentary on the *Vigyan Bhairav Tantra*).

A light-hearted and profound exploration of awareness  
that can continue into our daily lives, for the rest of our lives.

**Complete newcomers to meditation very welcome!**



For many years Sudheer has been on the journey of meditation with the Indian mystic, Osho. He facilitates a range of Osho meditation groups, meditative therapies and self-hypnosis for meditation courses in India and around the world.

**£35**

Please bring a simple  
lunch that is ready to  
share.

To book, contact: [islam@livenowlovenowhealnow.co.uk](mailto:islam@livenowlovenowhealnow.co.uk) 07528 302221  
[satyam.makoieva@gmail.com](mailto:satyam.makoieva@gmail.com) 07914 895394