

Deepen your Meditation Practice

**Free Shakti Community Meditation Satsang
Every Saturday 5:15 – 6:30 PM**



**Door opens at 5:15 PM. Please arrive no later than 5:25 PM
Door will be locked at 5:30 PM to promote an atmosphere of deep stillness.**

- **Scriptural Reading and Kirtan**
- **Pranayama Instruction and Bija Mantra Repetition**
- **Silent Meditation (Sitting Practice)**
- **Arati**

Shakti Yoga Center

3 Victory Blvd. at Bay St. Landing 718 442-9400
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