

Greater Baltimore Temple
2909 Bloom Rd. Finksburg, MD 21048

MEDITATION: Rising Above Life's Challenges

A workshop with Nina Elliott

How would life be different if you didn't get stuck in the challenges of life?

How can you react better to problems you are faced with?

In this interactive workshop you'll learn a simple meditation technique that will help you change how you react to every day problems! Discover your true essence and Learn how to tap into your inner power to rise above life's challenges

Sunday, March 25th, 2018

5:15 p.m. to 6:30 p.m.

Langar follows the Workshop

Contacts: Kishore Merani 518-708-0957 or

Sam Harriday 443-831-4384

www.SOS.org

A Science of Spirituality Program. Free. All are welcome.



Science of Spirituality is a worldwide spiritual organization dedicated to transforming lives through meditation, under the guidance of Sant Rajinder Singh Ji Maharaj.