

SPIRITUAL FITNESS THROUGH MEDITATION



Science of Spirituality

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Saturday, March 23rd, 2019

6:00 pm – 7:30 pm

Greater Baltimore Temple

2909 Bloom Rd, Finksburg, MD 21048

Meditation is a perfect way to reduce stress and be spiritually fit by connecting with the divinity within us. We can calm our body and mind and reflect on how we can show our gratitude by developing noble qualities to improve ourselves and become better human beings. Learn to meditate to reduce stress and connect with the divinity within oneself and be spiritually fit.

THIS PROGRAM INCLUDES MEDITATION INSTRUCTIONS AND A MEDITATION PERIOD.

Speaker

Nina Elliot

Contact

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www.sos.org

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

****ALL EVENTS ARE FREE****