

Breath and Meditation Class

with Nirvair Khalsa



Saturdays, 9:00 to 10:30 PM (by Appointment)

Our breath is our life force. It connects us to the body and to spirit. The energy in our body, the quality of our thoughts, and our connection with self can be changed by our breath. For thousands of years, yogis have studied how to use the breath, movement and meditation to heal.

This class will teach you some simple breathing skills, movement, and meditation techniques that are guaranteed to release stress and anxiety, boost your immune system, and calm your mind. Without the stress, the body has more energy to direct toward healing.

These techniques done together, will greatly enhance the body's ability to heal itself. With breathing and movement we energize the body and begin to calm the mind. Meditation then becomes easy.

Meditation helps us connect with our deep well of serenity and stillness within. This ignites compassion for ourselves and others, which fosters understanding and helps us to let go of our emotional pain and sorrow.

This class will give you easy effective techniques that you can do anytime and anywhere. It is for everyone who is still in the body, who wishes to learn some powerful ancient tools to heal and feel better. **Guaranteed!**

You will find that the benefits of meditation are very tangible. Every time you meditate you will get immediate results, it is not something you will have to wait for. You will feel better.



\$15 per class

Ask about the discount packages

Nirvair Khalsa has been doing Conscious Breathing, Yoga, and Meditation for over thirty years. He is a Certified Yoga and Meditation Teacher, Healer, and Life Coach. His goal is to help people connect with their passion and purpose.

**Tibetan Healing Center www.tibetanacademy.org
4115 Third Avenue, San Diego, CA 92103 619-325-0992**

Benefits of Meditation

- ◆ **Health Benefits** - decreases stress and nervousness, helps the whole body stay healthy. Meditation also helps relieve the pain associated with certain illnesses.
- ◆ **Reduced Stress** - helps you let go of worry and hurry, so you can relax and feel good
- ◆ **Control of your own Thoughts** - to create peace of mind
- ◆ **Detachment** - from false beliefs, insignificant upsets and irritations, to help keep things in perspective
- ◆ **Happiness and Peace of Mind** - reduces fear, depression, and anxiety, helps us find the peace within us
- ◆ **Concentration** - develops our ability to focus our attention and energy
- ◆ **Spontaneity and Creativity** - out of harmony and stillness new ideas and inspiration wells up in us, and we unlock our creative potential
- ◆ **Discovering your Life Purpose** - gives you a deeper understanding of life beyond your personality and ego

These skills you are easy to learn and are very effective. After one session, you will feel tangible results right away. You can take these skills with you and practice at home. Each time you practice you will feel more relaxed and elevated.

You will consistently get positive results and they are going to be measurable results. For example: you are going to feel more alive and peaceful, you are going to have more energy, and you will experience positive changes in your life.

Conscious breathing and meditation will change your life - the way you interact with people, your relationships, your health, and the way you think about yourself and the world. It will give you many, many positive results. Guranteed!

**ACT NOW AND CALL TO SIGN UP FOR THIS
GREAT CLASS**

RSVP (619) 325-0992



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