



Health & Wellness Program

"Good health is ... not just an absence of disease; it is a state of positive well-being-ness. We are not just humans who are destined to fall sick and get cured. We have been created to feel bliss continuously inside us and ecstatic lightness at the Being level. This is good health."

-Paramahansa Nithyananda. The Health & Wellness is a 2-day meditation program designed by Paramahansa to help us reconnect with the innate intelligence of our bodies, and to allow flowering of perfect health.

New York, NY, March 11, 2008 --(PR.com)-- Relax. Rejuvenate. Radiate. Be Blissful.

Join them for a Health & Wellness meditation workshop taught by Sri Nithya Bhaktananda Swami, senior disciple of Paramahansa Nithyananda, an Enlightened master from India and founder of world-renowned Life Bliss Foundation. Learn and practice 12 different meditation techniques designed to help raise your spiritual consciousness and enrich your daily life. During the course you will learn ancient and holistic techniques for:

- Pain relief
- High energy
- Sleeping well
- Toxic elimination
- De-stress

When: Saturday, March 29 1 p.m. - 7 p.m.

Sunday, March 30, 12 p.m. - 7 p.m.

Where: Atmananda Center, 324 Lafayette, 7th Floor

Cost: \$100 for one day or \$200 for both days

1st day - Pranayama, Centering, verbalization, Visualization, Pitaa balancing

2nd day - Vata, Pitta, Kapha balancing, Energizing, Nithya Dhyana and more.

Register at www.LifeBlissNY.org.

For more information call (718) 296-1995 or e-mail info@LifeBlissNY.org

Nithya Yoga - Add Life to Your Movements

For the first time ever, Nithya Yoga (www.nithyayoga.org) classes are being offered in New York.

Schedule:

Tuesday, March 25: 2 - 4 p.m.

Wednesday, March 26: 2 - 4 p.m.

Thursday, March 27: 8 - 10 p.m.

Friday, March 28: 2 - 4 p.m.



Monday, March 31: 2 - 4 p.m.

Tuesday, April 1: 2 - 4 p.m.

Wednesday, April 2: 2 - 4 p.m.

Thursday, April 3: 8 - 10 p.m. (Tentative)

Cost: \$15/class

For more information call (718) 296-1995 or e-mail info@LifeBlissNY.org

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Contact Information:

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