

# YOGA CENTER

827 SE 9<sup>th</sup> Street ~ Deerfield Beach ~Florida 33441

*(on Federal Highway in the Palm Plaza)*

954 ~ 427 ~ 2353



## *Meditation and Bhagavad Gita Study*

We will be exploring the ageless wisdom found in the Bhagavad Gita. The Gita has been recognized for thousands of years as a manual on how to navigate the terrain of life and to triumph over any challenge. We will discuss this beautiful teaching and ways to apply it to our everyday lives. No prior knowledge of the teaching is required.

**Saturday, May 13 and June 17, 2017 1:00 – 3:00 p.m.**

**Facilitated by Charlene Wilkinson, J.D., ERYT-200, YACEP**

Can be applied toward Yoga Alliance CEU's

**Cost: \$15/\$20 at the door**

Charlene has studied yoga, meditation and comparative philosophy for over 25 years. She teaches workshops on the Bhagavad Gita; Meditation; the Yoga Sutras of Patanjali; and Yoga Philosophy. Her interest is in the application of the philosophy and practice of the principles of yoga to everyday life.