

# BHARATIYA CULTURAL CENTER

*Presents*



## Full Moon Meditation

*By: The Art of Living Foundation*



*Followed by Knowledge discussion on the Power of Breath and the link between the Mind, Emotions and the BREATH.*



**Breathe  
Better ...  
Live  
Better!**

There is a great secret in our breath. You have an in-built ability to calm the mind, heal the body and energize the system in minutes...

**- Sri Sri Ravi Shankar**

Open to all (18 and above)

**Tue, May 20<sup>th</sup>**

**7pm to 8pm**

**Location: Bharatiya Cultural Center Hall**

**1612 County Line Rd**

**Montgomeryville, PA 18936**

**[www.b-temple.org](http://www.b-temple.org)**

**For Additional Information, Please Contact:**

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