Meditation Expert at YogaSoul

Three Days of Fantastic Workshops

with Gurucharan Singh Khalsa, Ph.D., LPCC

The 21 Stages of Meditation

Intro. Workshop and Book Signing

Friday, September 14, 2012

6:30 PM-8:30 PM

Presented by the author himself this workshop provides a thorough background and introduction to the techniques of the 21 Stages of Meditation, how to use them and their effects. Be sure to stay after for a private book signing! Bring your own copy or purchase one at YogaSoul

Cost \$35

The 21 Stages of Meditation—The Transcendent Self

Saturday, September 15, 2012

9:00 AM-6:00 PM

Deep meditation can give the experience of the treasure that is our transcendent self! This treasure gives us our capacity to be a self-transforming, master of intuition. go beyond limiting beliefs and embrace spirit and our greatest potential. This one day introduction opens us up to the power of the true Self (the Transcendent-Self).

Cost \$180 (\$165 before 8/31)

Stress Opportunity Introductory Workshop

Sunday, September 16, 2012

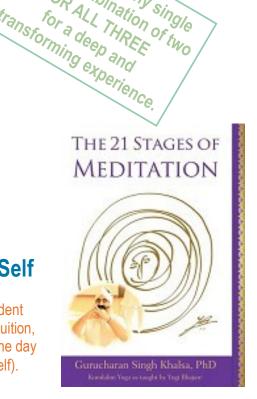
1:30 PM-4:00 PM

There is opportunity in every stress that small and large challenges bring us. We can use the enormous energy that is in the heart of change to power our own way forward to fulfill our goals and intentions.

Opportunity and stress are powerful partners!

Cost \$45

1121 Town Centre Drive Suite 100 Eagan, MN 55123 651-452-5789 info@yogasoul-center.com Register online at yogasoul-center.com



Register for any single day, a combination of two

for a deep and

Gurucharan Singh Khalsa, Ph.D., LPCC.

Dr. Khalsa explains the stages of meditation and brings to his workshops humor, insight and over 40 years training yoga teachers worldwide.

