

Peace on Earth Meditation

With Swami Veda Bharati

Saturday, July 25th 2009, 7:15-8:45pm

O'Shaughnessy Educational Center Auditorium

University of St. Thomas - St. Paul, Minnesota



The first metro-wide meditation was so inspiring for the over 400 participants -- that a quarterly **Peace on Earth Meditation** has been established. Each quarter a different tradition guides a meditation; when possible, chanting precedes the meditation. The event is by donation and BYOC (Bring Your Own Cushion - if you are a floor sitter).

The Summer Peace Meditation will be in conjunction with the 2009 Himalayan Yoga Tradition Congress, July 17-31, at the University of St. Thomas, 2115 Summit Avenue St Paul, MN 55015. For directions: <http://www.stthomas.edu/campusmaps/>

Program: Please, arrive early to settle in.

7:15-7:30 PM Chanting with acclaimed kirtan musician Russill Paul.

7:30-8:45 PM Guided Meditation by Swami Veda Bharati, founder of The Meditation Center in Northeast Minneapolis. From the age of nine Swamiji has captivated audiences with the depth of his knowledge of Patanjali's Yoga Sutras and the Vedas, the most ancient of Sanskrit literature. He taught Sanskrit at the University of Minnesota before embarking on his lifelong path of international teaching in the Himalayan Yoga tradition, having followed this path for over 60 years. Swami Veda's ability to guide his audiences to calm states and meditative stillness is well known all over the world.

To create a community of meditators, invitations are emailed to many meditation and yoga centers and then passed on from individual to individual. Please share this invitation and bring a friend.

Visit the web sites www.HimalayanYogaTradition.com and www.TheMeditationCenter.org for more information on the 2009 HYT Congress events at UST including:

- 7/20 -23 & 7/27-30 Evening Lecture Series with Swamiji & Faculty from 7:30 – 9 PM
- 7/25 Russill Paul Kirtan Evening Concert from 7 – 10 PM.
- 7/26 Russill Paul Sounds of Yoga Workshop from 10AM – 5 PM
- 7/27 Interfaith Vision of Peace Seminar from 1- 6 PM.