



Meditation for the Body, Mind and Soul

A Three Part Meditation Series with Umesh Bhatia

Searching for an easy way to de-stress and gain peace of mind? Join Umesh Bhatia as he explores this universal principle and teaches a simple meditation method that will benefit your life in every way. Learn the technique of meditation and how to apply it in your daily life. By learning meditation you have a handy technique that you can use daily to connect with the source of all joy, peace and light that exists within you. A meditation sitting will follow each presentation.

Umesh Bhatia, MS, MMS, is affiliated with the Science of Spirituality, a global non-profit organization that helps people learn to transform their lives through the

Saturdays at 10:00 am
January 9, February 20, and March 27
at the Hunterdon County Library

314 Route 12, Raritan Township

This program is FREE and open to the public.

Reservations can be made by calling (908) 788-1434 or by visiting our online Events Calendar at www.hclibrary.us