



LIFE BLISS PROGRAM

The Life Bliss Program (LBP) helps you create your own Mind Relaxation Spa. The program unleashes the latent inner potential of every Being and helps in taking the first step towards Bliss. This program is about the flowering of Bliss within oneself.

Empower your life with 7 Meditation techniques designed by Enlightened Master Paramahansa Nithyananda

"I want you to know the power of Ananda (Bliss), which liberates you from the dilemmas of the mind and depression of your being, which gives tremendous freedom in the inner and outer worlds."

-Paramahansa Nithyananda

Learn revolutionary techniques that are changing millions of lives across the globe.

Dates:
Jan.19th and 20th
Saturday and Sunday

Time:
8AM TO 6PM

Venue:
INTERNATIONAL
VEDIC HINDU
UNIVERSITY
CAMPUS

Contact info:
407-376-7008

Register early as seating is limited.



Meditation techniques to cleanse and energize key Energy Centers.

Brings awareness about negative emotions that block the key Energy Centers (Chakras).

Eliminates deep rooted negativity and Engraved Memories (Samskaras)

Empowers, with knowledge and techniques, to unleash the vast, latent potentiality of an individual.

Awakens the body intelligence to heal and rejuvenate.

Reduces stress, improves productivity, and interpersonal relationships.

INTERNATIONAL VEDIC HINDU UNIVERSITY*

Bringing the Vedic Sciences to Life

113 N. Econlockhatchee Trail, Orlando fl 32825 (407) 275 0013

www.IVHU.edu

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