



# VISHOKA MEDITATION®

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## Vishoka Meditation At Home

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**Tuesday, February 9<sup>th</sup>**

7pm - 8:30pm

**Week 1:**

Laying the Foundation: Preparing the Body and Mind

**Tuesday, February 16<sup>th</sup>**

7pm - 8:30pm

**Week 2:**

Continuum of Experience: Breath Refinement to Pranvic Awareness

**Tuesday, February 23<sup>rd</sup>**

7pm - 8:30pm

**Week 3:**

Uniting Breath & Mind: Aharana Pranayama

**Tuesday, March 2<sup>nd</sup>**

7pm - 8:30pm

**Week 4:**

Cultivating Inner Balance: Samikarana Pranayama

**Tuesday, March 9<sup>th</sup>**

7pm - 8:30pm

**Week 5:**

The Complete Practice of Vishoka Meditation

**Tuesday, March 16<sup>th</sup>**

7pm - 8:30pm

**Week 6:**

Optimizing your Practice of Vishoka Meditation