Special Meditation Focus Workshop

This is a special presentation by Abbot Kamazi, a Western Yogi. He will be teaching techniques for beginners. These techniques can lead to:

- Heightened focus and concentration
- Increased attention span
- Improved memory and retention
- Broadened awareness
- Peace of mind

Abbot Kamazi’s candid humor is delightful and surprising, and he lends his enlightened experience to the audience, inspiring everyone to a new view of who they are and what they can accomplish with the same tools used by Yogis and Masters.

Friday 1:00pm- 3:00 pm
Sept 21, 2007
Location: LAC-M114
get two hours of flex credit
Sponsored by: Gerry Jenkins
RSVP: gjenkins@lbcc.edu
938-4623

“I will open my eyes to the joy of meditation; then I shall see all darkness vanish”
- Paramahansa Yogananda