



Raja Yoga Meditation Course I

Consists of simple one hour lessons to get you started. The lessons will focus on understanding the spiritual nature of the self and God, accessing the powers within and various techniques with practical exercises to help build concentration and create peace of mind.

Monday - Thursday from 19:00-20:00 Course starts 7th May 2012

Raja Yoga Meditation Course II

This course is a step further from the foundation course, exploring concepts such as karma, the tree of life, and a spiritual perspective on time. These lessons are aimed at providing a broader spiritual perspective on daily living.

Course starts 16th May at 19:00

World Peace Meditation Hour

You are invited to join us in radiating peace, love and care to our world through visualizations, meditations, beautiful music and song.

**Sunday 20th May 2012
Time: 18:30 - 19:30pm**

Cooking with Consciousness

An afternoon of vegetarian cooking, and a short talk of understanding the impact consciousness has on matter.

**Date: Sat 19 May
Time: 15:00-18:00**

Inspiring, talks and workshops Every Thursday from 19:00 - 20:30

03/05 Healing Power of the Soul

Samantha Fraser, our guest from Mozambique, will share insights on the innate nature and power the soul and the ability to heal from inside out.

10/05 Live in Freedom

To live in freedom is to embrace life, let go of the reins and know how to use them and achieve your goals. We will offer different ideas and reflections so that you might embrace life, change & uncertainty.

17/05 Who Rules in your Life?

The evening will provide an understanding of human consciousness and how to reach a state of inner power and self rule – a power of choice that we all have to rule our lives.

23/05 Dare to Live?

Living without fear increases the quality of life. Fear prevents you from doing what you want to do & doesn't allow your energy to flow. Learn how to become strong in your own right and let go of pain.

31/05 Creativity to Reinvent your Life?

Creativity is a gift that each one of us has. This evening will provide guidelines to having creative power in your hands, to go from intention to action and to know that you can be more creative.

Zazi Conversations in Langa

A further exploration of the journey of the self and consciousness on a deeper level.

**Date: Sat 12th May
Venue: Guga S'thebe, Langa
Time: 15:00-18:00**

Afternoon Workshop **The Art of Intuition**

Gut feelings. Hunch. Instinct. A sense of 'knowing'. No matter what it's called, intuition plays a part in our lives everyday. But how can we tune in and access our intuition? An afternoon workshop with Samantha Fraser, a teacher of meditation, originally from the UK, but based in various African countries in the past 15 years.

**Date: Sat 05 May
Time: 15:00-17:00**

Values in Healthcare **Love and Compassion**

Exploring compassion on a deeper level can help us understand how it can be an integral part of our lives. This will help us to be caring in all avenues of responsibilities, without suffering fatigue and burnout

**Date: Sat 19 May
Time: 15:00-18:00**

Self-Awareness Retreat in June

You are warmly invited to a weekend retreat offering the gifts of insight and understanding; meditation and silence; the company of fellow creators, and a chance to relax and look at yourself and life very differently.

**Date: Fri 8th to Sun 10th June
Venue: Goedgedacht Farm, Malmesbury
Cost: R700 (incl accom. & meals)**