



Science of Spirituality Presents



Spiritual Meditation Workshops

- Learn *Jyoti* meditation
- Become more peaceful and loving
- Develop the strength to cope with life's challenges

- Workshops
- Videos
- Meditation practice

MEDITATION CLASSES EVERY SATURDAY

Adult class ➤ 11am to 12:30pm

Kids' class ➤ 12:45am to 1:30pm

Swami Vivekananda Spiritual Center
The Hindu Temple of Greater Chicago
10915 Lemont Road, Lemont IL 60439

For info, Contact Science of Spirituality—ph: 630.915.6750; 800.222.2207; meditationworkshop@sos.org

Science of Spirituality is an international, multi-faith organization dedicated to service, personal transformation, and spiritual awakening through meditation, under the direction of H.H. Sant Rajinder Singhji Maharaj.

*Prayer is when we talk to God.
Meditation is when we listen to God.*

