



USA
"ONE WORLD, ONE FAMILY"



EXPERIENCE THE SILENCE WITHIN AN INTRODUCTION TO HIMALAYAN SAMARPAN MEDITATION

Discover inner peace with this simple and effortless meditation that helps bring calm, clarity, and balance into your daily life.



Join our introductory workshop to learn about Himalayan Samarpan Meditation and experience a short guided meditation.

WHAT TO EXPECT



Introduction to Himalayan Samarpan Meditation



Simple understanding of inner peace and self-awareness



Beginner-friendly guided meditation



Q&A and reflection sharing



Information about 45-day meditation practice

Open to all | No prior experience needed | FREE for All

SATURDAY, MAY 23, 2026

3:30 PM - 5:00 PM

BHARATIYA TEMPLE OF LANSING

955 HASLETT RD

HASLETT

MI 48840

For Questions Contact:

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