



Life Bliss Foundation  
www.LifeBlissFoundation.org



Paramahansa Nithyananda  
Creator of Life Bliss Meditation

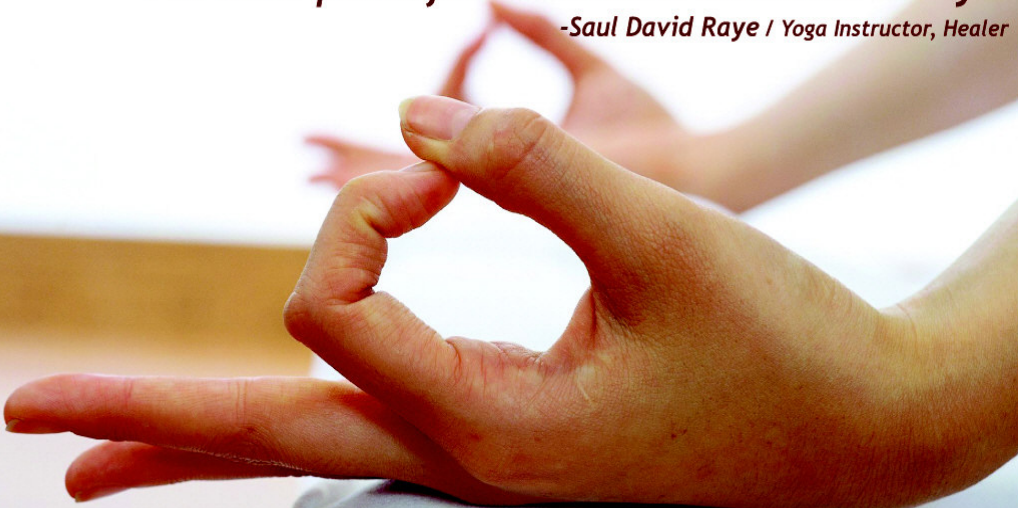
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UNIVERSITY of HOUSTON  
*Wellness*

# LIFE BLISS MEDITATION

*"The most powerful meditation available today."*

*-Saul David Raye / Yoga Instructor, Healer*



Life Bliss Meditation is a transformational meditation technique to cleanse, to energize and to connect to your vast inner reservoir of creativity, intelligence, and bliss. To the extent that we can draw from this inner space of overflowing joy, we grow in health, happiness and success in our outer life.

*Relax, Rejuvenate, Radiate!*

Date: Every **Tuesday from 11:30 – 12:30 pm Sept 1 – Dec 15, 2009**

Program Name: **"Life Bliss (Nithya Dhyaan)"** meditation

Place: U of Houston Central Campus **Wellness Center, CRWC 1038A**

Email: [lschroeder@uh.edu](mailto:lschroeder@uh.edu) or [houston@LifeBliss.org](mailto:houston@LifeBliss.org)

Watch Internet Videos -- YouTube.com/LifeBlissFoundation

On the Web: [www.LifeBlissMeditation.org](http://www.LifeBlissMeditation.org)

Paramhansa Nithyananda's Oct 23, 2009 Hou.Visit --[www.yogam4you.org](http://www.yogam4you.org)