

# Mantra Japa Meditation

with

Sue Neufeld

Mondays, 7-7:30pm



## Mantra Japa Meditation

can help to clear the mind of daily worry and soothe the spirit. Practitioners the world over use this technique to find peace, calm and tranquility within.

Japa meditation uses chanting, or the repetition of a mantra, to focus and still the mind.

Mantras give the mind something solid on which it can concentrate in order to prevent thoughts from wandering and emotions from stirring.

### By Donation

Join our Sangha -- all are welcome!



**For Further Details, contact Sue:**

203-507-8724

Email: [sue@sueneufeldyoga.com](mailto:sue@sueneufeldyoga.com)

[www.sueneufeldyoga.com](http://www.sueneufeldyoga.com)

**or contact:**

**Your Community Yoga Center 39 Putnam Ave, Hamden [www.yourcommunityyoga.com](http://www.yourcommunityyoga.com) 203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**

Japa Meditation  
YourCommunityYoga.com  
39 Putnam Av, Hamden  
**203-287-2277**