



Stressed out?

**Join us for
meditation**

**MEDITATION
FROM THE HEART**

Maharashi YEG

is hosting a meditation session at Padmanadi
the first Saturday of the month

e-mail to attend: eSwanson03@gmail.com

Please join us after the
meditation for a Padmanadi
brunch hosted by Vegans and
Vegetarians of Alberta.



Padmanadi
10740 101 St. NW
Edmonton, AB
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