



Asia's Premier Personal Development Centre
www.soulcentre.org

Meditation Made Simple™

Train your mind to create happiness, peace & success

Meditation Made Simple™ is a unique, life-changing program created by Vikas Malkani, founder of SoulCentre.

It has transformed the lives of thousands around the world.



Vikas Malkani - Creator of MMS

Course Details

Date: 1, 2, 8, 9 September 2018

(Total of 4 sessions on Sat & Sun)

Time: 4:00 pm to 6:00 pm

**Venue: D505/ 250 Anzac Parade,
Kensington, NSW 2033**

**Investment: 350 AUD per participant
(includes 2 best-selling books as part
of your training)**

Discounts and Registration: see

www.meditationnmindfulness.com



The meditation training is
conducted by:
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E-mail:

info@meditationnmindfulness.com

Do you want to be happy? Do you want to live a stress-free life?

In 4 short sessions that are fun, easy to learn and highly effective, you gain everything you need to live a happy and joyful life. You can start to see the benefits from day one!

In these sessions, you will receive practical wisdom that will truly transform your life. You will also learn effective techniques of meditation to live an optimal life of happiness, joy and peace.

You will discover how your mind works, and clearly see how everything you create arises from how you think. You will learn simple but effective techniques that can be used in just 30 seconds, in the middle of your active day, to bring you happiness and inner peace.

You can use what you learn at work, at home, and even while you are in the midst of activity.

Meditation Made Simple™ is easy to understand and a joy to practice. Attend a course and see the results for yourself!

Meditation Made Simple™ is completely non-religious.

Benefits of Meditation

All happiness & unhappiness, success & failure, joy & sorrow, arise from the mind. Meditation reveals how your mind works and shows you how to train it effectively. Your mind then becomes a friend to you, not an enemy.

The benefits of meditation practice include happiness, a calm mind, stress-free living, regulated blood pressure, stable emotions, control of anger and freedom from anxiety, just to name a few.

Improved focus and concentration as a result of meditation create a stronger immune system. This leads to better health, complete relaxation of the nervous system and improved flow of life energy in the body.

Some facts about Meditation

Meditation is the key to unlocking your highest potential

Meditation is highly effective in reducing stress

Meditation is scientifically proven & is practiced around the world

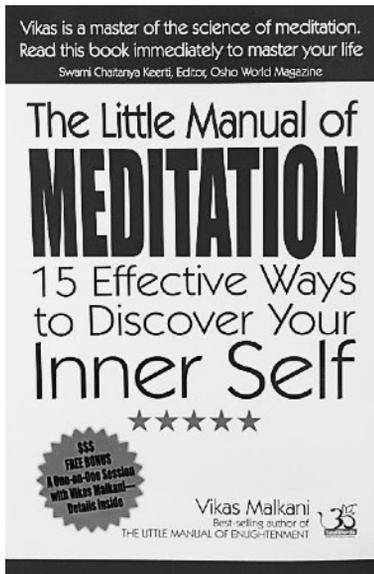
Meditation leads to better physical health and harmony

Meditation gives you access to your highest level of happiness, peace & success

Meditation has given birth to all genuine holistic healing methods

Meditation creates anti-ageing effects in the body and mind

Meditation is totally non-religious



Vikas is the best-selling author
of
'The Little Manual of
Meditation' &
'The Little Manual of
Happiness'

Join Meditation Made Simple and see the positive benefits for yourself!

Some actual testimonials

I just wanted to say thank you for your meditation class. I actually think that it has been life-changing for me. I am generally much happier now & focus on the positives in life which has led to a different approach to work, more work-life balance and no more sleepless nights. The techniques are so simple and yet they really work. Thank you! Liz Fendt

A couple of years after I came to Asia, I sometimes felt close to a burn-out, and I lost my focus. My mind was always active but not where I wanted it to be. Thus I thought meditation could be helpful. and I found Meditation Made Simple as the best resource to learn meditation. I now feel much less stressed and more in control of my life despite the same workload. Inis-Janine Klinger

With meditation, I see more beauty in the world than before. My mind is ever calm and peaceful and I don't get disturbed by the ups and downs of life. As a result of meditation, I have become a bigger inspiration to the people around me, both in my family and in the office. Anton Broers

Meditation Made Simple helped me to recover successfully from a burn-out in 2009 and has become an important part of my life since then. I have found inner peace and stability and know that whatever happens in my life, I can respond to it in a positive and calm way. I now realize that the greatest gift that you can give yourself is meditation. Goran Musulin