



SABNAVIS RESEARCH ACADEMY Offers

Enlightened Living

Holistic Development Foundation course



Evening Classes*

Tuesdays, Nov. 5 – Nov. 26 or
Dec . 3 – Dec. 31, 7:30 PM– 9:00 PM

* Absenteeism is not allowed & Latecomers will not be permitted under any Circumstances

www.sabnavisresearchacademy.com

Be the change that the world awaits

Morning Classes*

Sundays, Nov. 3 – DEC. 1 or
Dec . 8 – Dec. 29, 9:30 AM– 11:00 AM

Studies of meditation have shown reduced stress and anxiety, lower blood pressure, reduced chronic pain, improved health, vitality and self esteem

Following pillars of Enlightened living are covered as part of the course :

- Healthy Body
- Able Mind
- Emotional Maturity
- Intellectual Capacity
- Spiritual Growth
- Authentic Living

It helps you to bridge the gap between what you are and what you can be and lead you to holistic abundance and to know the purpose of life .

Faculty Bio: Sai Sabnavis, Founder and Chief Transformation Officer, SRA, popularly known as 'Meditation Guru', is a new age Spiritual Scientist who has specialized in meditation, yoga, raja yoga, spiritual sciences and Holistic development. He is currently pursuing integrated doctoral program in Para Psychic Sciences from American Institute of Holistic Theology (AIHT), USA. He is a Meditation instructor, Metaphysical Teacher, Counselor, Life coach and a new age Spiritual Scientist. He regularly conducts workshops and seminars in this field. He has assisted many people (more than a thousand) in discovering their authentic self and attaining Self Mastery. His journey continues...

Additional Benefits of Attending

Learn simple and effective ways to calm your mind and emotions and experience a state of inner peacefulness and well being

Learn to live consciously

Discover how to free yourself from disturbing thoughts and feelings and have harmonious relationships

Location:
Ballwin, MO
ph# 636-728-9122
Email:

info@sabnavisresearchacademy.com

To Register:

Mail your check with the registration form payable to SRA and send to the address
P.O Box 1599, Ballwin , MO 63022

Tuition:
\$100 for series of 4 classes and 5th class free with advanced registration by Oct. 26th, 2013. Call us for group discounts.

Name: _____
Address: _____
_____ Zip _____
Phone: _____ #people attending _____
Date of First class _____ Check/ Cash Amount _____
Signature _____