

# LEARN TO MEDITATE

With JAYENDRA HANLEY

Two Days of Personal Instruction, 18 Months of Support  
A Lifetime of Practice

The Course begins with a weekend of formal instruction:

**Thursday, April 2, 2020**                    **10:00 – 13:00 or later** (group meets 10:00 – 11:00, then each person meets with Jayendra for an hour of personal instruction (time depends on number of participants))

**Friday, April 3, 2020**                    **10:00 – 1:00**

*Attendance is limited to no more than 5 people per weekend.*

Location: Achterdijk 78, 3985 LB, Werkhoven, The Netherlands

Host: Ragen at adem@diviamragen.nl, +31624670011, [www.diviamragen.nl](http://www.diviamragen.nl)

18 Month Course Tuition: 450 Euros (includes VAT)

## Neelakantha Meditation

This is a practice of deep meditation that leads to transformation, healing, and benevolence in your life. It is a daily meditation practice that is governed by the principle of effortlessness. It's easy to learn and accessible to everyone. It's not necessary to have any particular beliefs, previous study or background in order to learn and practice with great benefit.

Neelakantha Meditation allows you to establish a direct connection to your own deepest nature of freedom, creativity, clarity, and bliss, while expanding the potential for growth in everyday life.

This weekend course is the beginning of a lifetime of practice. You will learn the practice itself and the specific context and foundational principles underlying the practice, which is rooted in Svatantrya – the Tantric teachings of the ultimate freedom of Consciousness.

## The 18-Month Course Includes:

- Weekend course of formal personalized instruction in Neelakantha Meditation
- Access to a multitude of support materials from Blue Throat Yoga, including live teleseminars about the meditation practice, original translations of Tantric texts, and a library of recorded teachings from Paul Muller-Ortega and other teachers
- Attend Day 2 of other Initiation weekends at no cost
- Additional Supporting Practices and Materials
- Invitations to attend Meditation Retreats and to receive Advanced Initiations
- Attend regular, local group meditation sessions, as available

About Jayendra: I've been meditating for 40 years, and for the last 9 years, I've practiced Neelakantha Meditation twice a day, and taken many courses and attended many meditation retreats with my teacher, Paul Muller-Ortega. Now as an authorized teacher of Neelakantha Meditation as taught in Blue Throat Yoga, I'm very happy to be able to share it with others who are interested in beginning this profound practice.

Contact Jayendra at [jay@jayendranhanley.com](mailto:jay@jayendranhanley.com) for more information and to receive an application. Also see [www.bluthroatyoga.com](http://www.bluthroatyoga.com) and [www.jayendranhanley.com/neelakantha-meditation](http://www.jayendranhanley.com/neelakantha-meditation)