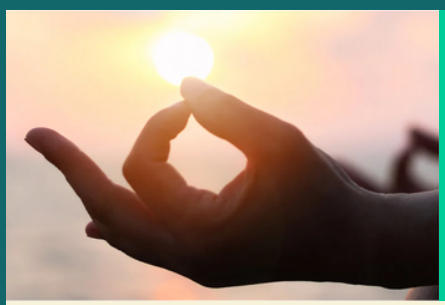
Hindu Temple & Cultural Society of USA, Inc. (HTCS)
**Sri Venkateswara Temple (Balaji Mandir) and Community Center**
One Temple Drive, Bridgewater, New Jersey 08807, USA
Ph : (908) 725 4477 www.venkateswaratemple.org



## HTCS Education proudly presents

# Guided Meditation Sessions

Find balance in your lives with Meditation. Today's world seems to be filled with chaos, uncertainty, distractions, and a certain amount of crisis management. So, how can we cope with the feelings and emotions that result from these reactions? There may not be a magic wand, but there are methods to help find peace and calm amidst the noise. Experience the tranquility of Guided Meditation.

**Workshop Outline: In this course, you will learn...**

- Learn practical ways to stay calm and peaceful during chaos, uncertainty, and daily distractions.
- Practice guided meditation techniques to manage emotions and find inner balance.
- Build habits that help create mental clarity, focus, and tranquility in everyday life.

| | |
|---|---|
| **Eligibility** | **Youth 15+ years and Adults** |
| **Duration** | **Six weeks - (December 5, 12, 19, 2026; January 9, 16, 23,2027)** |
| **When** | **Saturdays 9.00 AM - 10.30 AM** |
| **Where** | **Bharathi Vidyalaya Classrooms** |
| **Registration Open Date** | **Monday, Nov 23, 2026 at 9:00 PM** |
| **Registration Link** | **Scan QR Code** or **Click Here** |

**LIMITED SEATS. REGISTRATION IS REQUIRED**

Contact: education@venkateswaratemple.org