

Sound of Silence Meditation with Yash



Antar Mouna - The Sound of Silence

A wonderful ancient meditation practice where you will be turning your gaze inward not outward. In Sanskrit, Mouna means 'silence' and Antar means 'inner'. Therefore, this practice literally means inner silence. It is a great practice designed to make the aspirants aware of their inner silence as well as the inner noise which generally prevents one from knowing the silence. It teaches the participant to know the mind and the ways in which it can be brought under control. Through regular practice aspirants come to understand that all the answers lie within and attain the tools to gain control in all aspects of life. For all those who are unable to concentrate their mind on one point, the practice of Antar Mouna provides a basis for the process of emptying the mind. When the mind is purified, concentration arises spontaneously.

- 🌿 **Date:** Thursday 24 January
- 🌿 **Time:** 7pm - 8pm
- 🌿 **Cost:** AED 100

Prior registration and payment are required
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