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**VIVEKANANDA INSTITUTE OF HUMAN EXCELLENCE**  
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**Steps To Meditation  
And Spiritual Life  
(Offline Course)**

Guided by:  
Swami Bodhamayananda Ji  
Adhyaksha,  
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**What you will learn:-**

- Introduction and Importance of Meditation
- Meditation According To Yoga and Vedanta
- Difference Between Concentration & Meditation
- Steps To Reduce Stress & Tension in Daily Life
- Theory and Practical Techniques of Meditation

Duration: 4 Days (Mon-Thu) Age: 25-60 Yrs.  
From: 25-Nov-2024 To 28-Nov-2024 Fee: Rs. 200/-  
Class Timings: Evening 6.15 pm to 7.30 pm

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**Steps to meditation and Spiritual life- Offline course-  
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