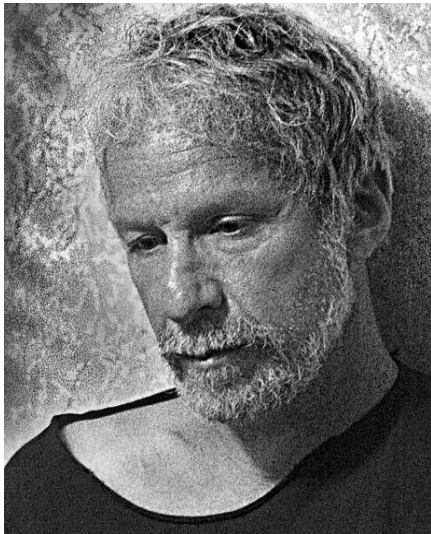


# C U P ^ S H A R E

*cup of being, raised to the power of sharing*

p r e s e n t s :

**Narayan Eric Waldman**



Narayan will guide us on The Path of Meditation and Prayer  
in his workshop

## **Mantrandala Breathing Meditation**

An easy, accessible technique combining breath awareness,  
potent sound patterns (mantras) and  
sacred geometry (mandalas)

Take home a simple method of reducing stress, enhancing  
concentration and tuning into What's Happening.  
(Lifelong experience required!)

Narayan has been a spiritual activist for more than 40 years. He has led moving meditation workshops in the USA, Canada, Mexico, Guatemala, UK, Holland, Italy, Israel, Russia, Thailand, Australia and New Zealand. He does Mantrandala Breathing practices daily and recently returned from private studies with

Gregor Maehle (Perth, Australia), well-known yoga, pranayama and meditation master. Narayan is engaging, humorous and charismatic, with a way of naturally encouraging people into their own awareness of the One within.

**WHEN:** January 10<sup>th</sup> 2014 3-6pm

**WHERE:** Upstairs at the Westridge Center, 1919 Fairway Dr (at Kagy)

**BRING:** A cellphone with a working *metronome app* (available by free download), along with working earbuds or a headset. (No phone?...then foot tapping proficiency!) A favorite meditation cushion, pillow, mat, bench, chair, bed...whatever helps you be comfortable, but **awake!**

**Suggested DONATION:** \$5-10...or whatever you feel it's worth.

At most, we can survive  
~ 30-80 days without food  
~ 4-10 days without water  
~ 4-5 **minutes** without air  
*Why is something so vitally  
necessary so unconscious?*

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406-579-8692 or 581-7170

