

PROGRAMME DETAILS:

6.30pm – 6.35pm	Introduction
6.35pm – 7.00pm	Talk by Srinivas Arka
7.00pm – 7.15pm	Break
7.15pm – 7.45pm	Arka Dhyana Practical
7.45pm – 8.30pm	Experiences Questions & Answers

Please bring your own cushion and mat.

For information please call Carys:

Telephone: 09 279 9025 or
021 187 4639

Date: Thursday 28th January, 2010

Time: 6.15pm for 6.30pm Start

Address: The Social Room,
Te Tuhi, Centre For The Arts,
13 Reeves Rd,
Pakuranga, Manukau City.

Email: carys.m@xtra.co.nz
Websites: www.arkadhyana.org
www.srinivasarka.org

“A moment of inner
experience can be more
powerful than a life time of
words”

Srinivas Arka



SRINIVAS ARKA

ARKA DHYANA

Touch & Sound Meditation



A SIMPLE METHOD TO

EXPLORE

YOUR OWN POTENTIAL

Turn inwards for
deeper experiences
intuitively,
experience higher awareness
in you,
journey through your
own
touch and sound

Discover Arka Dhyana

Arka Dhyana

Arka Dhyana is a process of re-energising yourself and improving your health by touching key points on your body.

- a simple, unique and powerful method
- anyone can practise Arka Dhyana
- does not discriminate against age, race, nationality, religion, disability or gender

Benefits of this method

- improves health
- reduces stress and anxiety
- increases energy
- improves self-confidence and increases tolerance
- promotes mental, emotional and spiritual growth



Srinivas Arka

Arka Dhyana was developed by Srinivas Arka, a philosopher and for many, a mystic who was born and brought up in southern India.

In his presence, people are opened up to direct and previously unrealised experiences of spirituality, awakened consciousness and personal potential.

Arka emphasises that meditation should not become another physical exercise but a spontaneous inspirational experience of one's inner realms of consciousness.