



*The Yoga Loft welcomes
Life Bliss Meditation
Taught by
Narthana Nithyananda*

Beginning Thursday May 14, 4:30- 6:00 pm

*You are invited to learn more about Life Bliss Meditation @
a FREE Introductory class on Sunday 5/3 @ 4:30 pm*

Narthana began her study of Hatha yoga over 10 years ago. In the year 2005 she meet her guru Paramahansa Nithyananda, marking a profound change in her life. A whole new experience of the true essence of meditation and yoga was revealed to her. Narthana Nithyananda studied the inner science of yoga and meditation in India and in the US with Dhyanapeetam Foundation and Life Bliss Foundation headed by an Enlightened Mystic of this century, Paramahansa Nithyananda. She was initiated as a Life Bliss Meditation Acharya (teacher) in 2006 and as a Nithya Yoga Instructor in 2008.

She resides with her family in Calabasas, California where she teaches classes and workshops on Nithya Yoga, Life Bliss Meditation, Om Dance and Health and Wellness. She is also a graphic designer and designs for many major yoga studios in the LA area.

Contact Narthana at 818 357 0644 or omdancing@gmail.com

For more information about the founder of Nithya Yoga and Life Bliss meditation, Paramahansa Nithyananda please check:

www.lifebliss.org

www.yogam.org

www.nithyayoga.org

