



Awakening the Dragon Within

Meditation and Self-Discovery Seminars

The purpose of the Meditation Club is to create an open forum for all the members of the community to share their interest in meditation and self-discovery.

Meditation, taught without religious affiliation, is the process of learning concentration and focus which can lead an individual to a level of excellence in all aspects of their life, including school, career, personal relationships, and happiness.

The Meditation Club teaches a form of meditation that emphasizes the importance of focus and concentration to strengthen and clarify the mind. This type of meditation is called Chakra Meditation. It is an adaptation of Tibetan Vajrayana Buddhism, Kundalini Yoga, and Original Zen.

The practice of meditation is about living a very grounded, happy, and fun life. It's about being energized, and being good at everything that you do, and getting better constantly. It's about utilizing the full power of your mind, body, and spirit, to enjoy life and to experience its multi-faceted sides.

Roger Cantu, Director of the Meditation Club, has studied and practiced meditation for many years. He is a wonderful teacher, and the author of "Powerful Mental Development", "Journey to India", and other books.

For more information, please visit our website: www.MeditationClub.com or call our voicemail number: (210) 248-1388.

Upcoming Seminars

Friday Nights: 7:00 - 9:00 PM

March 14 - Happiness

March 28 - Reincarnation

Location:

Hampton Inn Hotel
2127 Gold Canyon Drive
San Antonio, TX 78256
(210) 404-1144

**Donations: \$10 for Adults / \$5 Students
First Class Free. No one will be turned
down for lack of funds.**

**For our schedule of events,
please visit the following website:
<http://meditation.meetup.com/353/>**

