



Learn to Meditate

Experience heartfulness meditation with the positive energy of yogic transmission

Welcome to Heartfulness Meditation. Heartfulness Institute is a non-profit educational organization for wellness and training and has a parent non-profit organization known as Natural Path Meditation (Sahaj Marg).

Heartfulness Meditation is taught in more than 110 countries around the world. Heartfulness is a unique practice that provides a path to balance, well being, and inner peace. The physical and mental benefits of a meditation practice are significant and effective in many areas of daily living including reducing stress and anxiety, increasing focus and attention, and improving immunity and overall sense of well-being. The Heartfulness Institute is affiliated with the United Nations, sharing a similar goal of promoting peace and harmony. We are an all-volunteer organization and all our sessions and services are offered free of charge.

Heartfulness is based on inner experiences through meditation. It is a simple way to learn to open the heart in order to experience the silence in the heart.

Heartfulness trainers are trained to assist all to meditate with the help of positive energy called yogic transmission. Initial and ongoing support with meditation is available free of charge.

Donations are welcome and go towards the costs of maintaining the meditation center and the seven acres of serene property it sits on.

For more information: www.Heartfulness.org

Meditation Schedule

Natural Path Meditation Center
3153 Lantz Rd
Beavercreek, Oh 45432

Free Yoga & Group Meditation

Sunday

Group Meditation	9:00 am - 10:00 am
Hatha Yoga	11:30 am - 12:15 pm
Group Meditation	12:30 pm - 1:30 pm
Children's Conscious Living Club	12:30 pm - 1:30 pm

Thursday

Hatha Yoga	6:30 pm - 7:15 pm
Group Meditation	7:30 pm - 8:30 pm

Drop-in Individual Meditation Sittings

Tuesdays	3:00 pm - 7:00 pm
Wednesdays	6:00 pm - 8:00 pm
Saturdays	9:00 am - 12:00 pm

Group Meditations at Different Locations

Monday - 7.30 pm at Chetan and Kashmiria Patel's
Centerville, OH 45458 Phone: 937-440-0041

Tuesday - 7:30 pm at Tree of Life Community
Unitarian Church
1630 East Fifth Street, Dayton, OH 45403
Anjali Brannon: 937-232-5791

Wednesday - 7:00 pm at Usha & Romesh Chitkara's
Centerville, OH 45458 Phone: 937-305-7256

Wednesday - 7.30 pm at Kelly & Jeremiah Roeth's
Tipp City, OH 45371 Phone: 540-250-2298

Free Chess Club at the meditation center offered
courtesy of Dayton Chess Club.

Math Tutoring is available during school year.

We are available to do meditation sessions for your
corporation or institution. For example, we offer regular
sessions for employee wellness at Wright State University,
University of Dayton, and LexisNexis to name a few.

For information on tutoring, chess club, or corporate
partnerships please email dayton.oh@Heartfulness.org

Meditation Trainers

Local Heartfulness Meditation Trainers

Beavercreek

Mr. PK Beniwal	248-854-8551
Mrs. Poonam Beniwal	248-585-9155
Mrs. Anjali Brannon	937-232-5791
Mr. Carl Lux	937-610-8901
Mrs. Suman Mediratta	937-623-4285
Dr. Ravi Mullapudi	937-238-6040
Mrs. Uma Mullapudi	937-238-5881
Mrs. Gita Soni	937-426-1093
Dr. Prasad Venkat	419-787-5050
Dr. Shanthi Venkat	419-297-8555
Ms. Leah Williams	937-789-4605

Centerville

Mrs. Usha Chitkara	937-305-7256
Mr. Vijay Chitkara	937-434-8694
Mr. Chetan Patel	937-524-1193
Mrs. Kashmiria Patel	937-440-0041
Dr. C.N. Reddy	937-901-0101
Ms. Shanthi Reddy	808-205-4335

Fairborn

Mr. Gary Smith	937-215-2096
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Kettering

Mr. Bruce Howorth	937-299-8517
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Tipp City

Ms. Kelly Roeth	540-250-2298
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Troy

Mrs. Donna Knauer	937-239-3066
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www.Heartfulness.org

Email: dayton.oh@heartfulness.org

Phone: 937-427-0886

Experience

Heartfulness

Gently close your eyes and think of the Source of Light that is already present within your heart. Rather than trying to visualize it, simply tune in to your heart and be open to any experience that you may have.

Do this for 30 minutes. If your mind wanders, gently bring your attention back to your heart.

Points for reflection

- How long was I able to meditate?
- Where was my attention during this meditation?
- How did it feel to focus on the heart instead of the mind?

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Phone: 937-427-0886

To locate the meditation center and trainers visit
<http://heartspots.heartfulness.org/>



@practiceheartfulness



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@Heartfulness



@Heartfulness

When we are fully alert... lovingly invite
the **higher consciousness** and be
one with that essence. Then **beautiful
conditions** will be created
in the heart.

Kamlesh Patel



dayton.oh@heartfulness.org

Heartfulness meditation



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