

Special Event!

India & Transformation



Maury Cooke presents...

This Saturday at Dr Sarkars class Maury will be presenting what his India trip meant to him - how India again has changed his life and he will share some very simple practices. There will be an introduction to India thru a short group of slides followed by personal examples of how a very deep form of cleansing, digestion practices and diet really can change our lives. The slides will show a progression of how "Sattvic Space" rose out India's example and how transformation takes place in the middle of suffering. There will be plenty of time for Practice too. This will be followed by a taste of the same diet Maury was given for his 30 day stay in India. Maury plans to make this an introduction to a four part series of self healing when he returns from the remainder of his Sabbatical in August.



**Saturday, May 15th @
9:30**

Dana accepted