

Heartfull® Meditation
with Avantika Nirupama
Savitri Bhavan (First Phase Building)
Tuesday December 6 and 20, 2022 9:30 to 10:30 AM



*“**Concentrate in the heart.** Enter into it; go within and deep and far, as far as you can. Gather all the strings of your consciousness that are spread abroad, roll them up and take a plunge and sink down. A light is glowing there, in the deep quietude of the heart. It is the Divinity in you – your true being. Hear its voice, follow its dictates.”* – The Mother

Come learn how to make this a reality with the sacred techniques of Heartfull® Meditation.

Heartfull® Meditation techniques will help you to understand Sri Aurobindo’s dictum “*All Life is Yoga*” and connect to his teachings in a deeper way. Sri Aurobindo taught initial Heartfull® meditation techniques to Savitri. She has brought down the others through her devotion to Light and Truth.



Avantika Nirupama

Avantika has been studying Sri Aurobindo and the Mother’s teachings, and Heartfull® Meditation, for twenty years. She has a 500-Hour Purna yoga teacher’s certificate and has translated some parts of Savitri in Marathi and Hindi. As mainstream schooling cultivates mind and ignores body and spirit, she homeschooled her daughter after reading Sri Aurobindo’s understanding of human existence to keep her daughter’s connection with Light. Avantika holds MSc in Mathematics from India and MS in Computer Science from USA.

Questions? Contact Avantika at avantikalight@gmail.com

Price: Free