



# LAMA FERA MONASTERY

India's biggest & first ISO certified , World book of Record Holder  
Lama Fera Healing Centre

***The complete holistic wellness center !!!***



**Kundalini Yoga  
(Medical Yoga)**



**Lam Kriya Dhyana  
(Meditation)**



**Reiki & Lama Fera  
(Healing & Training)**

**Free Meditation Session Everyday**

**Address : Lama Fera Monastery, Plot no 19, Lane 2, Vasant Park,  
Near DPS School, Next to Kool Homes, Mohammadwadi, Pune - 60**

**(Parking : Outside the main gate)**

**For details, Call : 8484023530**

**Visit : [www.lamafera.com](http://www.lamafera.com)**



*The most precious gift on this planet which parents can gift to their child is*



# MEDITATION

@ Lama Fera Monastery, Mohammadwadi, Pune

## Course Content

- \* Brain Yoga & Pranayam
- \* Mid Brain Activation Session
- \* Children Meditation
- \* Sound Healing - Music Therapy
- \* Public Speaking
- \* Leadership Development

## Conducted by

**Sara Shukla**

- \* World book of Record Holder
- \* ICSE Rank Holder 2024

**Riya Shukla**

- \* Black Belt - Taekwondo
- \* Reiki & Lama Fera Healer

## Benefits of Children's Meditation

- \* De-addiction from Cell Phone / TV
- \* Emotional Control (Anger / Stubbornness / Mood Swing)
- \* Concentration - Memory - Focus - Grasping Power Booster
- \* Self Discipline - Proper Hygiene - Freedom from Junk Food

**Age Group: 5 - 18 years | Timing: 05:30 pm to 06:30 pm**  
**Day : Mon - Wed - Fri**



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