

free workshop

IN ENGLISH

# SPORT & MEDITATION



Meet runners who finished the longest race in the world - 3100 miles,  
and learn how meditation can change your life!



Harita Davies

Harita and Jayasalini will  
share how meditation  
enabled them to run  
3100 miles.  
You will discover  
the same techniques  
to access your  
unlimited potential  
and fulfil your  
own dreams!



Jayasalini Abhramovskikh

19h30  
22 January

Library of the  
American Church  
65 Quai d'Orsay  
75007 Paris



Race founder

"We are all truly  
unlimited, if we  
only dare to try  
and have faith."

Sri Chinmoy

17h30  
25 January

Centre Parinama  
Yoga

54 rue Aristide Briand  
77300 Fontainebleau

Registration by phone +33 6 60 72 72 01  
[www.paris-meditation.fr](http://www.paris-meditation.fr)