

*Science of Spirituality Presents*

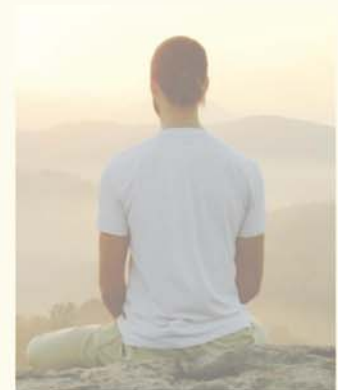
# Keys to Effective MEDITATION.

Pat Ambrosic has been meditating for 41 years. She is a retired teacher and has been conducting meditation classes for about 27 years.

Speaker: **PAT AMBROSIC**

Saturday – **OCT 4** – 6:00pm  
Lenexa Community Center  
13420 Oak St.  
Lenexa, KS 66215

For more information: 913-963-9192  
[www.sos-kc.org](http://www.sos-kc.org)



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Science of Spirituality is an international, multi-faith organization dedicated to love, unity, and peace, under the direction of Sant Rajinder Singh Ji Maharaj.