

- **△Vedanta Meditation Menu / Price List**

△ Vedanta Meditation

IP=In Person, O=Online, IP/O=both Services that are marked with an "IP" are provided In Person and marked with an "O" are provided Online via Skype, Zoom, or other video conferencing provider.

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\$88 USD hr/base

Sivapriya began studying meditation in 1999 then in 2004 received a personal mantra from the Transcendental Meditation (T.M.) organization. In this class Sivapriya will teach you how to meditate using a point of focus and the relationship between the mind and body. You will have the opportunity to practice meditating and ask questions based on your own experience with the practice. The goal is for you to be able to use what you learn to improve mental, emotional, and spiritual wellbeing.

Listed rates are base and IP may vary per location