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Meditation Course to be Offered at Salve Regina, the Newport College

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Office of Public Information

SRC *Newsbulletin*

Salve Regina - The Newport College

Newport, Rhode Island 02840

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FOR IMMEDIATE RELEASE

Contact: S.E.A. Whalen
Mailed: July 11, 1977

MEDITATION COURSE TO BE OFFERED AT SALVE REGINA, THE NEWPORT COLLEGE

A free five week course on the fundamentals of Meditation will be offered at Salve Regina, The Newport College starting this Wednesday, July 13, 1977. The lectures will be held in O'Hare Academic Center, 7:30-8:30 P.M.

- JULY 13 The Spiritual Life, What's In It For You and Exercise in Concentration
- JULY 20 Fundamentals of Meditation
- JULY 27 Reincarnation, Death and Occultism
- AUG. 3 The Guru - Is He Necessary?
- AUG. 10 "Yoga of Creativity" a film of Sri Chinmoy

The course will emphasize practical techniques and each

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meeting will include a meditation session.

The lectures will be given by Rudra Tamm who for the past nine years has studied meditation under the guidance of Sri Chinmoy. Mr. Tamm is an attorney in Connecticut.