



NEPAL EDUCATION AND CULTURAL CENTER (NECC)
(Pashupati-Buddha Mandir)

(पशुपति-बुद्ध मन्दिर)
Serving Community Since September 2000

'अध्यात्मिक तथा जीवनोपयोगी ज्ञान प्रवचन' श्रृङ्खला - १७

ध्यान कसरी गर्ने ?

(पतञ्जली योग सिद्धान्त अनुसार ध्यान प्रक्रिया र अभ्यास)

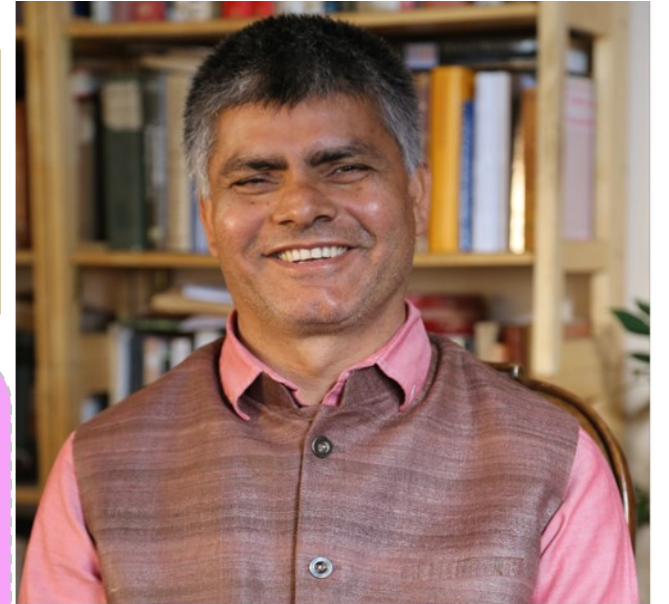
Saturday, 9 January 2021/ 7 PM (USA EST)/ (Nepal: Paush 26, 5:45 AM)

Zoom Link: <https://us02web.zoom.us/j/81481173029>

Zoom ID: [81481173029](https://us02web.zoom.us/j/81481173029)

Facebook Live: <https://www.facebook.com/NepaliMandirDC> & Enepelese

Contact: 202-816-6322/301-580-1840/301-542-2871/240-246-5821/703-302-338



प्रा.स्थानेश्वर तिमल्सिना
SPIRITUAL SCHOLAR