

Inner Discovery

Introduction to Meditation in Integral Yoga

Free Online
COURSE

5 sessions

Evenings 6:00 – 7:30 PM

FACILITATOR

DR. PEDRO MIGUEL PEREIRA GASPAR

Registration link:

<https://forms.gle/mRFXSrch6zRTtYJM9>

Register for FREE

Sept 2025 - 26, 28, 30

Oct 2025 - 3 & 5

Zoom link will be given a day before the
start of the course.



INNER DISCOVERY

FREE online course



Topics explored

Session 1

The ABC of Meditation; Sri Aurobindo's teaching & method

Session 2

Meditative Breathing & Concentration

Session 3

The Soul, the Psychic Being and the Jivatman

Session 4

Mantras

Session 5

Parts and planes of the being; Meditation as Part of Life

FACILITATOR

DR. PEDRO MIGUEL PEREIRA GASPAR

Dr. Gaspar started the practice of Meditation and Integral Yoga in 2006. His first visit to India was in 2008, and since then he has visited many times and has also lived and worked for a long time in Auroville. He has been teaching Meditation since 2009. With a PhD in Sports Psychology, Dr. Gaspar has extensive experience as researcher and educator at university level.

Sept 2025 - **26, 28, 30**

Oct 2025 - **3 & 5**

Time: 6:00 PM - 7:30 PM

bharatshakti.aurosociety.org