



# DELHI HIGH COURT BAR ASSOCIATION

SHER SHAH ROAD, NEW DELHI-110003 TELEPHONES : 011-2338-5562, 2338-5943

Date: 21<sup>st</sup> April, 2009

The Chairperson  
Life Eternal Trust  
C-17, Qutub Institutional Area,  
New Delhi

Re.: Sahajayoga Meditation for Delhi High Court Bar Association.

Dear Sir,

This is to put on record the three day workshop done in Delhi High Court Bar Association for its members. The 3 day workshop i.e. 30<sup>th</sup> March, 2009 to 1<sup>st</sup> April, 2009) on stress management and improved physical, mental and spiritual well being thru sahayayoga meditation was very well conducted and appreciated by all those who attended the workshop.

We are thankful to the Delhi Sahajayoga team to bring this meditation technique by Shri Mataji Nirmala Devi in such a easy to practice method.

I am sure with the large audience of members who participate and attended the session, more such sessions will be conducted in coming months. We are looking forward to similar such sessions for our members and would request the sahayayoga team to be available for same.

I am sure with the stressful conditions in which all members work this simple technique of sahayayoga meditation practiced regularly will bring peace, harmony and good health to all.

Thanking you,

(D.K.Sharma)  
Hony. Secretary

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**Delhi High Court Bar Association**