



We spread meditation & yoga techniques as a tool to be healthy, aware and successful in life. Meditation Foundation welcomes you, your group, your school, its management & staff and its students to join us in meditation and celebration!

# YOUTH EMPOWERMENT PROGRAM (YEP)

Swami Advait and his team are working on a project called Youth Empowerment Program (YEP) which focuses on Teacher Training for school teachers and for students throughout India and around the globe.

MEDITATION FOUNDATION  
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