

Vedic Meditation Expert Meg Reynolds to Lead 4-Day Course in Colorado

Steamboat Springs Event to Focus on Inner Stillness

STEAMBOAT SPRINGS, CO, UNITED STATES, February 10, 2025 /EINPresswire.com/ -- Acclaimed [Vedic Meditation](#) expert Meg Reynolds will be visiting Out Here Yoga in Steamboat Springs, Colorado, from March 4-7, 2025, for a 4-day "Learn Vedic Meditation" event. The course will focus on reaching inner stillness anywhere to transcend cares and worries.

The first day of the event will consist of private, individual 1:1 one-hour introductory sessions with Meg before transitioning to group meetings on days 2-4. These sessions offer a serene environment to learn and practice meditation techniques that can transform your life.

Registration is available through <https://www.MegReynolds.com/Steamboat>. Interested participants can also schedule a free, no-obligation intro talk with Meg from the same link to learn more.

The Steamboat Springs course will be conducted at Out Here Yoga, 685 Marketplace Plaza Suite #C2,

Learn Vedic Meditation

MARCH 4-7 AT OUT HERE YOGA

Reach inner stillness anywhere, anytime, to transcend all your cares and worries.



Schedule of Events

How to Register: Join a free, no-obligation Intro Talk with Meg via MegReynolds.com/Steamboat.

Day 1—Tuesday, March 4th: You will schedule a private, individual 1:1 one-hour session with Meg.

Day 2-4—Wednesday, March 5, 6 & 7: Course participants will meet as a group with Meg at Out Here Yoga from 2-3:30 pm.

After March 7th: You can join online and in-person Vedic meditation meet-ups for life!

To register, book a Free Talk with Meg

Your course contribution is a one-time fee and includes a lifetime of support and free group meditations online and in-person. Book a free intro talk to learn more.



MEG REYNOLDS
IGNITING HAPPINESS

Meg Reynolds is a Vedic Meditation teacher from Crozet, VA. Meg has been practicing Vedic Meditation for nearly 30 years, has completed over 2,000 hours of Vedic Meditation teacher training in India, and is certified in Applied Positive Psychology.
MegReynolds.com/Steamboat

Details on the March 4-7 "Learn Vedic Meditation" Event



Steamboat Springs, CO 80487.

Before her Colorado visit, Meg will also lead a [Virginia meditation](#) course from February 14-17 in Orange, VA. More information on that event can be found here:

<https://megreynolds.com/meditation-courses-upcoming-events/>.

About Meg Reynolds

Meg Reynolds is a Vedic Meditation teacher from Crozet, VA. Meg has been practicing Vedic Meditation for nearly 30 years. She has over 2,000 hours of Vedic Meditation teacher training in India, is certified in Applied Positive Psychology, and is currently completing her Master's Degree at the University of Virginia with an emphasis on social and emotional learning. She enjoys helping people [learn to meditate](#) and ignite happiness by reducing friction in their personal and professional lives.

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