

THE ART OF MEDITATION

How to prepare the body and mind for peaceful meditation.

This will be held 'live' on Zoom.

February Saturday 12th, 19th, 26th, March 5th, 12th, 26th. 10 - 11.15a.m

This course is open to anyone who is interested in achieving a more peaceful state of mind. One analogy often used for meditation is that when the water of a lake is agitated by waves it's hard to see what is really there but when the water is still you can see to the bottom clearly. When the mind is calm you may also experience inner peace and clarity.

This training will include;

- What Meditation is and why you may want to Meditate
- Overcoming Obstacles to Developing a Meditation Practice
- The Four States of Consciousness
- Stretches and Yoga Postures to Prepare the Body for Meditation
- Pranayama - Breathing Exercises to Prepare the Mind for Meditation
- Practices to Focus the Mind for Meditation
- Diet and Lifestyle Support for Meditation
- The Yamas and Niyamas - Yoga Principles to Guide You as You take Your Practice Off Your Mat
- You will receive a Practice Diary Each Week to Keep You Motivated
- You will receive an Inspirational Saying Each Day to Help Keep You Inspired
- You will receive the recording of each class which you will have access to for 7 days.

- Cost £150
- If you have any questions please email me at susanchopping@yahoo.co.uk