

www.suzannebutz.com

Meditation

6 week Introduction course

A new 6 week Introduction to Meditation course will start Tuesday 15 April 2014 at 7:30pm. All welcome, but it would be appreciated if you could let me know if you are coming!

7:30pm=8:30pm Tuesdays in Moss Vale!
\$20/person (\$5 discount if you are a returning meditator)

We will cover:

1. What is meditation and how can it benefit us; The types of meditation: mindfulness, guided imagery, transcendental, etc
2. Different uses of meditation : calming & soothing, healing, guiding, self awareness, energising (mindfulness meditation)
3. Calming the 'monkey mind', soothing the body (guided relaxation meditation)
4. More on the brain and the body and meditation – healing (guided meditation)
5. Going deeper - deepening self awareness and connecting with spirit;
6. Where to from here? Putting it all together and doing it for yourself.

Each week builds on the knowledge and the experience of the previous week and, of course, every week includes at least one meditation. Each session starts with some psycho-educational information around meditation and a short discussion. I aim for each session to be about an hour (occasionally goes for 1.5 hours - depends on questions).

Please feel free to phone and chat if you would like more information, or to book in for the Tuesday 15 April 2014 session.

Suzy 0412 555 141