

## Introduction to Meditation- a 5 week series

Meditation is described as mindfulness while being seated in a stable and tension free body. Sitting mindfully takes practice and diligence and incorporating a meditation practice into your life can seem daunting. The benefits of meditation are numerous, but not everyone is prepared to begin a practice without guidance. This series will introduce various meditation techniques and offers the opportunity to practice them. We will begin with a little information/ philosophy about meditation, warm the body for sitting using meditative yoga and then practice the technique (s) that are presented that class. If you already have a meditation practice, this is an opportunity to learn a different style. If you are new to meditation, this class offers a variety of practices to start you on your way. Wear comfortable clothing for the yoga section, no yoga experience is necessary.

Week I: How to set up a meditation practice

Techniques- Walking meditation and Sat Nam Kriya

Week II: How meditation changes our experience/ finding internal happiness

Techniques- Ajapa meditation and Mantra meditation (OM)

Week III: Health benefits of meditation

Techniques- Breath awareness/ counting the breath and Kripalu's breath observation

Week IV: Hindrances to meditation

Techniques: Antar Mouna- awareness and then dissolution of thoughts

Week V: Yoga Philosophy- Dharana and Dhyana

Techniques: Trataka- candle gazing to internal gazing