

Introduction to Meditation: Meditation, Relaxation, and Finding Peace Within

A Four Week Series
with Gina McMurray



*Meditation honors and uplifts
all spiritual traditions.*

**Monday evenings at 7:00 pm
January 9th to January 30th 2012**

This 4 week class series, led by **Gina McMurray**, is an Introduction to Meditation, Relaxation, & specific Breath Practices that will enhance your practice.

Meditation, Relaxation, and Finding Peace Within
Introduction to Meditation; A Four-Week Series

Week 1

- What is meditation
- Introduction to relaxation
- Introduction to pranayama (breathing techniques)
- Introduction to meditation
 - Sitting postures, mantra, breathing
- Practice

Week 2

- Diaphragmatic breathing
- Nadi Shodhanam
- Practice

Week 3

- Sitting posture
- Breath work
- Practice

Week 4

- Continuing your practice at home
- Practice

Please bring a towel or yoga mat and pillow for comfort.
Suggested Love Offering \$20 or \$5 per class
Please sign up at the usher's table.

Call Gina McMurray for class info: 942.0867