

Meditation Workshop

Life is busy and we can feel the demands of life pulling from many directions. A meditation practice is helpful to deal with life's stresses and enable us to create some lasting peace.

Meditation is not an escape, but a retreat to one's true nature. When we experience more stillness in our thoughts, we are better able to cultivate happiness, wholeness and health.

Expect: Exploration of various practical meditation and relaxation techniques. In-depth discussion of the benefits and the challenges of practicing. Reflection and sharing are encouraged as we enjoy the group's support.

2 dates to
choose from

WHERE: Blackhouse Yoga	WHERE: Blackhouse Yoga
WHEN: Saturday 28 March 2015	WHEN: Saturday 23 May 2014
TIME: Noon - 2:00pm	TIME: Noon to 2:00pm
Pre-Registration is required Sign up at least one week in advance	Pre-Registration is required Sign up at least one week in advance
LEAD: Tara Vicckies, ERYT	LEAD: Tara Vicckies, ERYT
COST: \$20 per person	COST: \$20 per person

Bring: yoga mat, paper & pen for notes, a cushion to sit on and your questions. No previous yoga or meditation experience required. Dress comfortably as we will enjoy some light stretching. Beginners are especially welcome.



Tara began studying and practicing meditation in her teens. She's enjoyed the benefits of a regular meditation practice since 1990 and is pleased to support your journey. Questions? tarametta@live.ca
www.tarametta.com
Facebook: TaraMettaOttawa