

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: Wishingtree Yoga	WHERE: Wishingtree Yoga
WHEN: Saturday 28 February 2015	WHEN: Saturday 25 April 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
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