

Is Meditation Magical, Mystical, or Medicinal?

Saturday, 3 August 2019, 10am - 2pm, \$90

SUMMARY

A workshop for anyone wishing to understand the benefits and practice of meditation

VENUE

Saturday 3rd August, 10am – 2pm

Yoga Therapy and Ayurveda
Wellness Centre
2/87 Burnett Street, Buderim

Cost: \$90

REGISTER

Email:
info@yogaayurvedacentre.com.au

Phone: 0412 287 521

Bookings are essential

PRESENTERS

Vina Shah is a certified IYTA teacher, Svastha Yoga Teacher and Yoga Therapist. She also holds a National Training and Assessment (TAE) qualification. Vina has been teaching yoga and ayurveda for personal wellness since 1999 and running Svastha Teacher training, yoga therapy and other courses since 2001. Vina mentors yoga teachers and provides guidance in structuring general group and therapy classes, personal sessions and workshops. Since 1999, Vina has also been learning meditation with a monastic community in India, where she facilitates meditation retreats. She is also an experienced teacher and presenter on meditation and personal development. www.svastha.com.au

Kim Allan is a Senior Registered Teacher with Yoga Australia and Certified Registered Yoga Therapist with Yoga Australia, RYT-500 and Certified Svastha Yoga. For over 15 years she has been teaching yoga and, since 2015, personal and small group yoga therapy classes. Kim also runs workshops and is co-founder of Yoga Therapy and Ayurveda Wellness Centre in Buderim.

WORKSHOP DETAILS

Introduction to Meditation

Join Vina Shah and Kim Allan for an introductory meditation workshop.

You will learn techniques for developing a greater sense of wellbeing and for learning to live every aspect of your life with integrity, with kindness to yourselves and others, with wisdom and deeper clarity.

There are many scientific studies that show meditation has all kinds of positive benefits for our mind brain and body.

The focus of this workshop is to gain an understanding of the term meditation and its stages, method and benefits. It will cover a range of meditation styles and techniques. You will also have an opportunity to practise and experience these different techniques including:

- Body scan meditation.
- A short gentle sequence of yogic mindfulness movements which will help with a comfortable transition to a seated meditation, either on a chair, or on the floor on a cushion.
- Yogic meditation is primarily a breath and sound (mantra) based technique with periods of silence.

This workshop is the precursor to an 8-week meditation starting August 15th 2019.

For those who want to develop a greater sense of wellbeing through the practise of meditation, an 8-week course split into two 4-week parts will be taught by Kim Allan at the Yoga & Ayurveda Wellness Centre.