



Meditation Course at Avalon

(For 6 weeks)

Cost \$80

7-9pm

Meditation is an ancient and non-denominational system that brings peace, health, clarity and well-being. Anyone can learn how to meditate or improve his or her practice.

During six Thursday sessions we will be exploring the basics of meditation. In the first part of the class we will be discussing new ideas and learning new techniques. The second part of the class will be practice and keeping a meditation diary. We will finish the actual class at 8:30 but leave the last 30 minutes open for anyone who would like to stay and talk, ask questions, or share experiences. Here is a brief outline of the course.

Week 1

- ☼ Why do we meditate? What are the benefits of meditation?
- ☼ Introduction to Insight Meditation: A Buddhist technique for stilling the mind
- ☼ Keeping a Meditation Diary

Week 2

- ☼ Basic breath work, what is it and how does this powerful technique change us
- ☼ We will explore Mantra meditation and learn how this simple but profound type of meditation can be incorporated into every day life

Week 3

- ☼ What are Chakras?
- ☼ How are Chakras used in meditation?
- ☼ What is the energy body and how does meditation change it?
- ☼ How does meditation improve our physical, mental and emotional health?

Week 4

- ☼ What is Kundalini?
- ☼ How do we awaken Kundalini and what happens when we do?

Week 5

- ☀ What are auras?
- ☀ How do we cleanse and strengthen the aura?
- ☀ How can we learn to see auras? What are the benefits of doing that?

Week 6

- ☀ Working with the Higher Self and Angelic energy
- ☀ What is Enlightenment?
- ☀ How is meditation connected to the Higher Self and Enlightenment?

This is only a brief outline of some of the things that will be touched upon in the Meditation Course. No previous experience is necessary. All materials provided.

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