

Meditation

Stringing the Pearls of Inner Peace

at the

Eldorado Community Center

Sunday Evenings in August

August 3, 10 and 17, 2008 4:30 - 6:00 PM

Explore the complexities and simple joys of meditation in this mini-series meditation workshop. Whether you are a beginner or have been meditating for some time and have questions or have not yet found your rhythm and desire to meditate regularly, this class is for you.

Topics we will explore will include:

- What is meditation? ...and what it is not.
- What can meditation do for you?
- (i.e., alleviate stress; increase concentration; increase emotional, mental, and physical health; peace of mind and a greater sense of joy;...samadhi.)
- How to get started and stay motivated?
- What is a mantra and why use one?
- What is Pranayama? What will it do for you and your meditation practice?
- What is the Breath/Mind connection and the effect meditation has on the brain.
- What are the different states and levels of consciousness?
- What is Samadhi?

Single Class:	\$ 20.00
Full Series/3 Classes (Prepaid before 8/3):	\$ 50.00
Full Series/3 Classes (Paid on 8/3)	\$ 55.00

Each class will build upon the previous; therefore, attending the full series is recommended but not required.

Classes will be lead by Deanna Evans. Deanna is a certified and registered yoga and meditation instructor and has been a regular practitioner of yoga and meditation for the past ten years. Additionally, Deanna is a nationally certified and licensed Massage Therapist and has had a full-time successful private practice in Santa Fe and Eldorado for eleven years. Drawing from her experience as a bodyworker, yoga instructor, avid meditator, and many years of self-exploration, Deanna aspires to bring practical, insightful, and intuitive knowledge to each class.

Items to bring: a blanket, cushion/pillow, water bottle, pen and paper. Chairs will be provided.

Please call Deanna at 466-1657 for more information.