

Learn to Meditate

6 week course, beginning
Tuesday 26th May 2009
7.30pm - 9.30pm

Course structure

Week 1:

- Introduction to meditation
- Learn how to relax
- What posture suits you?
- Discussion

Week 2 - 6:

- Feedback
- Questions
- Movement and relaxation
- Learn a new meditation technique
- Sharing

For further information call or email Fiona.