

# INTRODUCTION TO MEDITATION



**Wednesday 7.30pm / Friday 9.30am**

**Starting: Date TBC**

**6 sessions x 1.5 hours**

**Tutor: Jane Cluley**

No previous experience of meditation is required, only a sincere desire to pursue the path of inner enquiry. From childhood we have been encouraged to gain knowledge of the external world and yet most of us remain ignorant of our own inner world – why we behave as we do, what different states of

consciousness we have access to, and so on.

Six basic approaches to meditation as taught by Swami Satyananda together with guidelines for personal practice will be covered. In each class there will be ample opportunity for discussion, so that any queries relating to practice or any misgivings can be cleared up.

The classes will be held weekly and participants are asked to commit themselves to a short period of daily practice throughout the course, in order to explore each technique for themselves.

For additional information: [www.yogandshiatsu.org.uk](http://www.yogandshiatsu.org.uk)  
e-mail: [janecluley@tiscali.co.uk](mailto:janecluley@tiscali.co.uk) or Tel: 07906 652669



## Booking Form

Please reserve me a place on "Introduction to Meditation" course.

I enclose £49 in full payment (cheques payable to Jane Cluley)

Name: .....

Address: .....

.....Postcode.....

Tel: ..... Mobile: .....

e-mail: .....

**Please return to: Orchard Cottage, Low Street, Husthwaite, York YO61 4QA**

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