

# INTRODUCTION TO MEDITATION COURSE



**6 sessions x 1.5 hours**

**Start date: TBA**

The course is open to all, no previous experience of meditation required. The only qualification is a sincere desire to pursue the path of inner enquiry. From early 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.

The course will be conducted by Jane Cluley at the address below.

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

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## **Booking Form**

Please reserve me a place on "Introduction to Meditation" course starting 12 January 2010. I enclose £45 in full payment (cheques payable to J. Cluley)

Name: .....

Address: .....

.....Postcode.....

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

e-mail: .....

**Please return to: 3 Pebble Court, Easingwold, York YO61 3PJ**

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