

MEDITATION: CULTIVATING A PERSONAL PRACTICE

with Kathryn McLean

January 27, 2018

12 - 3:00 pm

\$50 (\$45 members)



During this 3 hour workshop learn and discuss:

How to meditate

Why we want to meditate? (effects, benefits, etc.)

What are the different types of meditations

How to set up a practice (where, what, when...)

Experience/Practice (guided meditations followed by silent practice)

How to deal with Distractions during meditation

Suggested resources (phone apps, books, podcasts...)

Q & A

Born and raised in Sherwood Park, Kathryn has spent the last 13 years living and traveling throughout South East Asia. Her natural curiosity for local cultures and philosophies always draws her directly to the source – studying Mandarin Chinese in Taiwan, working at an NGO run by Buddhist monks in Cambodia, and teaching yoga in an ashram in South India. Kathryn has a strong passion for teaching and loves nothing more than to share her knowledge and experiences with others.

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