

Meditation

It's Not What You Think!

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November 19 - 20, 2011

Shanti Yoga Studio, McCall, ID

Weekend Schedule

Sat, 11:30 - 3:00,

Introduction to Meditation; Benefits, Science & Theory

There's increasing interest & scientific support for the numerous benefits of meditation. Studies have shown regular meditation to help alleviate symptoms of stress & aid physical health as well as provide other life-enhancing benefits. In this session, you'll learn theory, including the science behind how & why it can benefit you. You'll be given a review of various techniques.

Sun, 12:30 - 3:00,

Meditation Practice; Teaching/Integrating Meditation into Everyday Life

Continuing with Saturday's review of the various techniques, you'll learn practical guidelines for integrating this powerful practice into your life.



Meditation is the art of developing stillness so you can look inside and discover your own true nature.

Meditation leads us not only to totally new inner experiences, but helps us also to transform our day-to-day life into a better, more meaningful and more fulfilling existence.



Shanti Yoga Teacher Training workshops are also open to others who would like to:

- Refine skills for teaching & practicing, including safe progressions to advanced asanas,
- Refine manual and verbal adjustment & observation skills,
- Learn how to incorporate the principles of yoga philosophy into practice and teaching,
- Learn about teaching from the subtle, pranic body,
- Create forum for discussing and resolving questions that arise from teaching,
- Gain CEU's for Yoga Alliance and other Health & Wellness providers.
- Fee is \$40/day for non-Shanti students.

To register, contact Shanti Yoga at 208.634.9711 or info@shantiyogastudio.org

shantiyogastudio.org