

Introduction to Meditation

March 13 – April 17, 2010

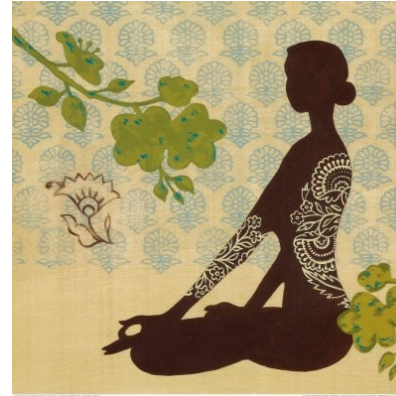
6 weeks \$95

Saturdays, 3:00 – 4:15 p.m.

Led by Jessica

When the mind becomes one-pointed and steady, like a lake without waves, it will naturally go beyond the normal mundane awareness into the state referred to as meditation. This six week workshop will teach the basics and guide you into creating your own personal mediation practice. Aside from

these basics, you need little more than the proper attitude, and a keen desire to expand your inner horizons. If you have said to yourself, “I have always wanted to learn to meditate”, then this is the perfect workshop for you. Pre-Registration is required



Minnehaha Yoga Studio

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