



Everyday Meditation for Mind Body Health

Saturday, November 6, 5:00 – 6:30 pm
& Sunday, November 7, 5 – 6:30 pm

Have you always wanted to learn to meditate but didn't know where to start? This two-session **Meditation Training Program** is the perfect way to establish a daily meditation practice. It's **perfect for a beginner or anyone who wants to refresh their practice or get back on track with meditation.**

You've probably heard about the **many different ways to meditate.** You'll find out all about them, **the myths and misconceptions of meditation,** and **what it takes to have a successful meditation experience.** Learn the secrets to directing your attention inward, find out what not to do, what to expect while you meditate, and the many benefits that naturally unfold to create a life that is radiant and blissful.

The **ancient meditation technique** you'll be instructed in uses your breath and silent sounds, and is recommended by pioneers in mind/body health all over the world. It's a non-religious and universal technique - a powerful way to establish inner peace and wellness - that you can use for the rest of your life. **You don't have to take on a whole new belief system, change your clothes or diet ... nothing.**

**\$40 in advance. \$45 at the door. Reservations are requested.
Call (480)946-2116 or email bikramyogainstitute@netzero.net**

**Held at the Bikram Yoga Institute www.bikramyogainstitute.com
7620 East Indian School Road, #115, Scottsdale, AZ 85251**

*The program is taught by Sarah McLean from the **Sedona Meditation Training Company**, who holds more than 20 years' teaching experience and has demystified meditation for thousands of people. Sarah lived in India, was a two-year resident at a Zen Buddhist monastery, has been featured in the *New York Times*, and was one of the **founding directors of Deepak Chopra's Center for Wellbeing in California.***

