

Meditation for Settling the Mind 2021



Aims of the Group

The group is for those wishing to start or maintain a regular seated practice of meditation. Teachings will be based in the tradition of Tibetan Buddhism but it is not necessary to be a Buddhist in order to benefit; the teachings are compatible with all faiths and none.

Topics covered will include how to sit comfortably (chairs are allowed!), what to expect from meditation, instructions for various types of meditation, setting intentions and staying motivated. We will also look at bringing meditation into every day life with the aim of improving our relationships with others. In addition to meditation, we will touch upon some pranayama (breathwork) techniques and how meditation links to the movement practices of Hatha Yoga and Kum Nye.

Each session will include some theory and instruction, practice time and group discussion/Q&As.

The course will be taught by Lucy Murray and Jonathan Clewley. Course content will be progressive so regular attendance will be beneficial however you will have the opportunity to book for each month independently of the others and there will be plenty of repetition of practices so if you have to miss a month then you can catch up.

Venue, Dates, Times, Cost and What to Bring

The course will run online for the time being on Monday nights on the following dates:

13/09/21
18/10/21
15/11/21
06/04/21

The classes will run from 19:00 until 20:30.

Please bring your usual yoga equipment including mat, blanket, blocks. If you have a meditation cushion or stool then please bring that. We will sit on chairs for the discussions and instructions. Sitting on the floor during the practice time is optional - you can sit on a chair the whole time if you prefer. You may like to bring a notebook and pen to record anything which you would like to remember later.

We do hope that you will be able to join us on our quest for more spacious and lighter minds,

Lucy

Jonathan