

# MEDITATION 101

## Learn to Meditate or Enhance Your Current Practice

With Melody Roberts, E-RYT 500

Meditation is an ancient practice thousands of years as a way to greater sense of tranquility and practice is ancient, it holds day living. Meditation has been stress in the body, lower blood effects of aging in the brain. It discovered that meditation can therefore affecting one's own this simple, powerful practice This transformative practice compassion in our hearts and fosters deeper connection to thereby helps us create and enjoy more harmonious relationships.



that has been used for reduce anxiety and live with a wholeness. Although the countless benefits for modern-scientifically proven to reduce pressure, and prevent the has now been recently even change gene expression, biology. Anyone can learn to do and receive its many benefits. helps us to live with more more clarity in our minds. It our-selves and to others, and

This workshop will be part discussion and part experiential. You will learn about meditation in the context of the 8 Limbs of Yoga and practice the concentration techniques that traditionally precede meditation. You will also learn what meditation is, and what it isn't, and how it benefits you physically, mentally, and emotionally. The practice intervals will be relatively short but build over the course of the session. Participants will learn several options for how to build a comfortable seated meditation posture, basic breathing exercises, multiple forms of meditation, simple mantras, and ways to create a sustainable home meditation practice. Yoga and/or Meditation experience is not necessary. Come and learn how to use this timeless practice to cultivate mindfulness, reduce stress, avoid common pitfalls, increase self-compassion, and feel connected!

\$35 Early Bird Investment \$40 after February 15<sup>th</sup> \*Qualifies for CE Contact Hours with Yoga Alliance

*Sunday ~ February 18<sup>th</sup>, 2018*

*12:00pm - 2:00pm*

*Melody Roberts, BA, CPS, CYT, E-RYT 500, Owner, Director, and Founder of Sacred Path Yoga and Sacred Path Yoga Teacher Training Academy, studied directly under Acclaimed Author, Renowned Yoga Teacher, and Program Director, Rolf Gates. Sacred Path has evolved from a beloved home studio in Melody's residence in 2010, to blossoming in 2014, into a store front location in Shorewood, IL. Melody's mission is to share the ancient healing practice of yoga with her community. She strives to reveal, express, and cultivate the Personal Power of each individual student, while simultaneously facilitating a deeper connection with Universal Love. Over the years, Melody has enjoyed teaching at various studios in the Chicagoland area, and has studied with many master teachers at every available opportunity. She is deeply grateful for all the teachers and students who continue to inspire her to stay and grow on this path.*



Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404

(Located in the Hammel Creek Commons Shopping Center)

To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.