

PEACEFUL WARRIOR TRAINING

A 5 WEEK MEDITATION COURSE

With Melody Roberts, E-RYT 500

The focus of this Meditation Course is to build a consistent daily meditation practice that will serve each individual student. Therefore the course explores a variety of meditation practices that will be investigated and experienced within the studio setting and transferred by skillful means to an effective daily home practice. Students will learn about meditation in the context of Pantanjali's Eight-Fold Path, or more commonly known as the Eight Limbs of Yoga, and will practice the breathing and concentration techniques that traditionally precede meditation. We will explore what meditation is, and what it isn't, and how it benefits us physically, mentally, emotionally and spiritually. We will further examine the effects of yoga and meditation on the brain according to the latest neuroscience research. Students will also learn simple mantras and mudras, as well as how to build an appropriate seated posture for meditation. Each session will consist of a meditation practice and will incorporate pranayama (breathing) techniques, concentration techniques, and may include brief gentle asana. In addition to other coursework, students will be practicing meditation daily and keeping a log and journal.



Meditation is an ancient practice that has been used for thousands of years as a way to reduce anxiety and live with a greater sense of tranquility and wholeness. Although the practice is ancient, it holds countless benefits for modern-day living. Meditation has been scientifically proven to reduce stress in the body, lower blood pressure, and prevent the effects of aging in the brain. It has now been recently discovered that meditation can even change gene expression, therefore affecting one's own biology. Anyone can learn to do this simple, powerful practice and receive its many benefits. This transformative practice helps us to live with more compassion in our hearts and more clarity in our minds. It fosters deeper connection to our-selves and to others, and thereby helps us create and enjoy more harmonious relationships. Yoga and/or Meditation experience is not necessary. Come and learn how to use this timeless practice to cultivate mindfulness, reduce stress, increase self-compassion, feel connected, and become a peaceful warrior!

\$ 180 Early Bird Investment \$200 after February 28th *Qualifies for CE Contact Hours with Yoga Alliance

Saturdays ~ March 3rd - March 31st, 2018

10:30am - 12:30pm

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 & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable.