



Meditation is a journey not a destination

Swami Durgananda

Embark on a 6wk journey to learn the basics of Meditation

Based on Swami Durgananda's book

'Origins and Practice of Meditation'

facilitated by Amanda Carlton

Outline:

- **Gentle Stretching Exercises** - to release tension in the body
- **Breathing techniques** - to assist with general wellbeing & pain control
- **Guided Relaxation** - experience deep relaxation
- **Meditation** - still the mind to achieve peace of mind
- *Discussion and question time*

This program focuses on skills that aid chronic stress and chronic fatigue; care is taken to guide participants with compassion so they may participate to their full ability, participants will experience benefits during each session.

Learning Outcomes:

Participants will learn skills in relaxation and meditation to find peace of mind

Course Prerequisites & Level of Proficiency Required:

Sessions are suitable for all fitness levels and abilities

Programs are suitable for groups and can be delivered at your venue

Please give me a call if you require any further information on M: 0403 229 521 or contact me by email: amanda@srianda.com.au

Thank you for your interest, I look forward to supporting you and your colleagues in achieving a greater sense of wellbeing.

Regards, Amanda

Amanda Carlton

Wellbeing Consultant / Coach

SRIANDA

GPO Box 11, DARWIN, NT 0801 ABN 16 904 411 035 www.srianda.com.au