



W o r k s h o p Meditation Series

Presented By: Vicki Salzburn

Tuesdays, 6pm-7pm

February 2-March 9, 2010

June 1-July 6, 2010

October 5-November 9, 2010

Kachmann Auditorium / Lutheran Hospital Campus

\$50 / 6 Week Workshop

Kachmann Mind Body Institute

1301 Lafayette St., Ft. Wayne IN 46802

info@kachmannmindbody.com

260-420-YOGA (9642)

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REGISTRATION FORM

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CARD NO.

EXPIRATION DATE

SIGNATURE

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DATA ENTRY BY

DATE

EMAIL CONFIRMATION

DATE

Register online or complete this registration form and send payment to Kachmann Mind Body Institute, 1301 Lafayette St. Suite 205, Ft. Wayne, IN 46802. Make checks payable to KMBI. You will receive confirmation once registration is received.

“Why is there stillness? Because there is motion.”

Alan Watts

Meditation is an extremely powerful practice. It has the potential to bring about happiness, healing, relaxation, and profound change in negative thought patterns. Meditation (dhyana) is the seventh limb of Patanjali's ashtanga yoga system. Meditation is awareness, self-realization and an experience of deep connection to oneself. In this six week workshop series you will learn to relax fully, release stress, and to become an observer of self. Meditation teaches you effective ways to deal with difficult emotions such as anger and selfishness, and it promotes techniques that develop compassion and love.

Meditation is a gift not just for you, but for everyone else you interact with each day. Happiness brings about good health. Studies show that people who consider themselves happy have one-tenth fewer occurrences of serious illness and untimely death, compared to those who consider themselves unhappy.

During this six week workshop you will understand meditation and how to use it in your daily life. You will see the scientific evidence that supports the effects of meditation and know what meditations to use to improve mental and physical energy. Practice includes Kundalini meditations, mudra, pranayama, guided imagery and exploring the chakra system. You will also learn how to use meditation for pain management, stress management and relaxation. No experience required. What should I wear? No special attire necessary, come in comfortable clothing and enjoy.

Topics:

WHAT IS MEDITATION · MEDITATION & SCIENTIFIC RESEARCH · WHY MEDITATE · HOW TO PREPARE FOR MEDITATION · UNDERSTAND THE PURPOSE OF MUDRAS, MANTRAS, PRANAYAMA & THE CHAKRA SYSTEM IN MEDITATION · LEARN TO DESIGN PERSONAL MEDITATIONS FOR DAILY SELF CARE & THE HEALING PHYSICAL & EMOTIONAL HEALTH.

Learn Meditations For:

HEALING, PAIN MANAGEMENT, DEPRESSION, SELF OBSERVATION, HAPPINESS, RELAXATION, STRESS REDUCTION, LIVING IN THE PRESENT MOMENT