



## Meditation & mindfulness

### Pure Awareness Meditation

Meditation is a state of mind, a mind of calmness, stability, and clarity; a mind free of dullness and confusion; a mind in accord with stillness and peaceful reality. Such a mind is a source of wisdom and great potential. It is a state of true liberation and joy. Achieving a meditative state of mind is possible for everyone, but proper meditation guidance is essential.

### About Meditation Classes at Medire Holos (Melbourne & Daylesford)

Meditation is an incredible journey that takes place within you. Through the use of postural alignment and centering techniques, the mind turns inward with more ease and becomes quiet. In that stillness we can experience the deepest part of our inner self, where calmness, serenity and joy springs forward naturally and stress and anxiety melts away.

### The meditation classes contain:

- Relaxation and breathing exercises
- Guided meditation techniques.

**The weekly classes support home practice:** They provide a way to learn all the basics about 'personal meditation at home'. The weekly classes help you to attain more stability in your home meditation practice and refresh the depth of your meditation experience.

Nadia, Tania and Janet all have many years of professional, personal and teaching meditation experience. They are qualified to guide you through: stress and tension release, progressive muscle relaxation, overall body relaxation, yogic breathing techniques and guided meditation techniques such as 'Yoga Nidra'.

### Contact Nadia for Meditation Workshop details:

Mobile: 0400 008 023