

# WHAT IS MEDITATION?

[ON-LINE TALK]

**Date**

Monday 19th June 2023. 6pm until 7pm [17:00 until 18:00 UTC]

**Venue**

On-line / Zoom

**Fee**

5 GBP | 6 EUR | 6 USD | 8 CAD

**Level**

Beginners to Intermediate

**Description**

What exactly is meditation? Why should I meditate? In this talk we will look at what meditation is, and what it is not (debunking some of the myths around it). We will then look at some of the stages on the meditation path, which not only helps us to become more serene, but can also help us to fully flourish as human beings.

**Booking**

To book a place on this talk, please email [darrenharper.esq@gmail.com](mailto:darrenharper.esq@gmail.com)

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