

# AN INTRODUCTION TO MEDITATION: IN SEARCH OF SERENITY

[FIVE WEEK COURSE]

## Dates

20th & 27th June, 11th, 18th, & 25th July 2023  
Tuesday, 1pm until 2pm [12:00 until 13.00 UTC]  
[N.B. No class 4th July]

## Venue

On-line / Zoom

## Fee

30 GBP | 34 EUR | 37 USD | 50 CAD

## Level

Beginners to Intermediate

## Description

In this beginner's course we will cover several different types of meditation. Beginning with posture and the breath, we will then explore visualisation, and try both traditional and contemporary mantra, all of which will help us to develop serenity. In the latter part of the course we will begin to explore Buddhist and contemplation techniques, to further cultivate our character.

## Outline

<b>Week One</b>	Introduction: The Breath and Visualisation
<b>Week Two</b>	Mantra
<b>Week Three</b>	Mindfulness
<b>Week Four</b>	Buddhist Meditation
<b>Week Five</b>	Silence and Contemplation

## Booking

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

darrenharper.net