

WHAT IS MEDITATION?

[ON-LINE TALK]

Date

Tuesday 6th June 2023. 1pm until 2pm [12:00 until 13:00 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

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