

# AN INTRODUCTION TO MEDITATION: IN SEARCH OF SERENITY

[FIVE WEEK COURSE]

## Dates

26th June, 10th, 17th, 24th & 31st July 2023  
Mondays, 6pm until 7pm [17:00 until 18:00 UTC]  
[N.B. No class 3rd 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