

# introduction to meditation

## sharpen your mind



This six-week class is for new meditators, or those who would like to bring something fresh to an established practice. We will approach meditation from the perspective of contemporary, Western culture rather than any specific Asian tradition. We will explore how meditation can support us to be our most authentic selves, engaging the world with clear eyes and strong hearts.

### Details

We will meet on Saturdays at Thrive Yoga Studio, 6914 Sebastopol Ave in Sebastopol from 5:00 to 6:00 p.m., January 7 through February 11. Please bring your own meditation cushion, folding chair, or whatever you prefer to sit on. You will need to maintain a daily meditation practice during the six weeks the class is meeting.

Cost for the course is \$60. If you have questions about the class, please email [kgifford108@gmail.com](mailto:kgifford108@gmail.com)

### Instructor Background

Karen Gifford studied and practiced meditation in a yoga tradition for over ten years, and more recently has worked with Alan Chapman, whose Deep Humanism project addresses spiritual awakening from a western contemplative perspective. More information on Karen's background and approach can be found on her website: <http://karengifford.org/>