

Meditation and Yoga at Mandiram

With Regula von Rütte-Elmiger & Martine Burgy

Sunday, November 1, 2020 - from 10 am till 5 pm.

The linchpin for a healthy human being is a calm mind. - Yes, Meditation does calm the mind. Why, then are many meditation practitioners unable to quieten the noise in the mind? - On the one hand, the answer differs from individual to individual and on the other hand there are some basic themes that underly this issue. Either way, there are some pre-conditions that need to be met in order for meditation to be successful.

In this Meditation-and Yoga Workshop emphasis is laid on the following questions:

- ॐ Why is(regular) meditation practice sensible and useful ?
- ॐ What are the benefits and for whom is it suited ?
- ॐ What pre-conditions ought to be met in order for meditation to be possible ?
- ॐ What obstacles, impediments and reactions may be expected ?

A further topic that seems to pop up again and again is the following:

- ॐ How is one to deal with potential reactions from friends, family and acquaintances ?

These and further questions will be dealt with during this workshop - based primarily on the Yoga tradition of Sri Patañjali. Naturally, we won't miss out on the practical side of meditation.

In-between we shall focus on Asanas & Pranayama (Body and Breathing Techniques). We shall stretch, strengthen and relax the body with Asanas and breathing exercise.

You may find further information on <https://www.regulamove.com/> or <https://www.clearview.ch/workshops>

Cost for this one-day workshop:

We are doing this workshop on a donation basis, provided there are a minimum of 6 participants.

Please sign up with either Regula (mobile 079 735 38 04 or email info@regulamove.com) or Martine (mobile 079 226 46 41 or inbox@clearview.ch)

Included is:

- Topic of Meditation approx. 4h (Martine)
- Asana and Pranayama approx. 2h (Claire)
- Tea and a small Snack