

# Discover the Path of Inner Cultivation

Increase *Presence, Well-Being* and *Peace*

## *Meditation For Beginners*

In a small, group setting you will learn ancient techniques used to facilitate “Essence Integration” and “Soul Growth.” You will learn the essential components needed for meditation practice.

Create a more relaxed and conscious atmosphere around you.

The course consists of nine evening sessions (6pm – 7:15pm)  
commencing Wednesday, October 19, 2005. Course Fee: \$150.00

- Week 1 – Basics
- Week 2 – Breathing
- Week 3 – Relaxation
- Week 4 – Sensation
- Week 5 – Presence
- Week 6 – Three Centers
- Week 7 – Awareness
- Week 8 – Personality & Essence
- Week 9 – The Journey

Your course instructor, Sara MacHin-Amira is a Holistic Lifestyle Consultant with over 18 years of professional experience facilitating individuals and groups processes. She is a Certified Yoga Instructor, Meditation Guide, Reiki Master, Chi-Kung Instructor, Electro-Magnetic Practitioner and Lomi Lomi Practitioner.

For information and registration, contact Sara at (416) 653-2335 or call the centre directly.

**ISLINGTON VILLAGE WELLNESS CENTRE**  
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(416) 207-9337

Note: PRIVATE MEDITATION SESSIONS can also be booked. These classes offer personalised instruction designed to meet your specific needs, either for individuals or small groups.