



## Introduction to Meditation

1 HOUR CLASS FOR  
6 WEEKS

\$120.00

### OVERVIEW

#### Students will:

- Explore what Meditation is and how it can be beneficial to your health
- Explore the dynamics of the mind - The Yin and Yang state of mind
- To manifest a sense of peace and calm to quiet the mind. We can do this by exploring contemplation and concentration and how they assist our meditation practice
- To bring loving kindness and self-compassion into our lives and to explore the connection between mind and heart
- To create a safe place in your mind for you to retreat to in moments that could be stressful or worrying
- To bring a sense of gratitude to our lives so we can fully experience the joy and happiness gratitude can bring

#### Introduction to our teacher:

Hello - my name is Megan Nelson and I have been on my meditation journey for 5 years. At the start of 2019 I decided I was ready to devote myself to a full-time year of meditation and further learning to deepen my practice.

Throughout 2019 I completed my Diploma of Meditation and Mindfulness with the SFP College Bellbrae. I undertook in excess of 500 hours of meditation, workshops, retreats and practical meditation teaching to gain my Diploma. I am now registered with the International Institute of Complimentary Therapists as an approved training provider. I am passionate about sharing mindfulness and meditation techniques with students wishing to embark on their own personal meditation journey or those who wish to deepen their practice.

### WHAT YOU LEARN

#### 6 week Meditation Short Course

With regular practice the participants will learn how to reduce their stress and anxiety, quiet their busy mind, access stillness, relaxation and potentially sleep better.

A journey to a more mindful you.

This short course will assist students beginning their meditation journey with tools they will need to live a more mindful life.

## WHAT YOU GET

This short course will assist students beginning their meditation journey with the tools they will need to live a more mindful life.

You will be guided through 6 easy to follow meditation techniques with strategies for personal growth

## TIMES AND VENUE

Time: 6.30 pm to 7.30 pm

Venue: Online via Webex delivery

## DRESS CODE

Comfortable casual

## MATERIALS TO BRING

Pen and Notepaper

## CANCELLATIONS

For details regarding the Institute's Refunds Policy please contact 1300 648 911, refer to our Student Handbook available from the Customer Service Centre at your local campus, or visit our website [www.swtafe.vic.edu.au](http://www.swtafe.vic.edu.au).

## FURTHER INFORMATION OR TO ENROL

Please contact 1300 648 911 or visit [www.swtafe.vic.edu.au](http://www.swtafe.vic.edu.au).

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