

# why meditation? a workshop



## All Levels Welcome

**Feel the benefits and healing powers of meditation. Create more peace, clarity and happiness in your life!**

Studies have shown that meditation helps to focus and lengthen the attention span in adults, increasing productivity and effectiveness. This practice stimulates the youth-hormone in the pituitary gland, reducing the symptoms of aging, and helps the immune system to fight against disease. Meditation alleviates depression and anxiety, lowers blood pressure and has been shown to help aid in the treatment of cancer and chronic pain.

This workshop will explore the practice of meditation, and teach participants to:

- + observe physical, emotional and mental stresses, and the potential source of those stresses within ourselves
- + intentionally create happiness, clarity and freedom in everyday life
- + overcome illness, injury and move through life transitions
- + set up a meditation practice at home

## ABOUT PADMA



Padma is one of Canada's best-known teachers of meditation and yoga. Padma hosts a nationally syndicated tv series on meditation and yoga called 'Living Yoga with Padma'. She is the author and producer of a series of educational DVDs.

Padma studied advanced meditation in the western Himalayas of India for a decade. She learned to read and master original Sanskrit texts of meditation philosophy and is authorized to teach by the director of the International Meditation Institute of India.

[www.padmameditation.com](http://www.padmameditation.com)

**JUNE 1, 2008**

**12pm - 3pm** ☐

**\$60 (+gst)**

**CALL, DROP-IN OR EMAIL TO RESERVE SPACE**

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