

Meditation

For Yoga Students

(Good for 200 hr. Y.A. certification)

Learn the basics of various types
of meditation

Learn pranayama techniques

Learn more about the philosophy of yoga,
including the yamas and niyamas

Learn about the lives of some of the great
modern Masters

March 13th, 2011 - INTO MEDITATION

A new 10 week meditation course will begin Sunday, March 13th, 2011. Barbara Nicol will again run this session. Each class is 3 hours - from 9am to 12pm at the American Legion Hall.

Participants can do some advance work by reading these books.

"Miracles of Mindfulness"- Thich Nhat Hanh

"Yoga and the Quest for the True Self"- Stephen Cope

"How To Know God, the Yoga Aphorisms of Patanjali" - Swami Prabhavananda

Advance registration would be appreciated to insure the formation of the group.

Barbara Nicol has been practicing meditation since 1982, and was authorized to teach meditation by Khen Rinpoche Geshe Losang Tharchin. She was introduced to yoga in 1987.

For information contact Paula Heitzner 845-356-5613

Or Barbara Nicol 914-631-3457