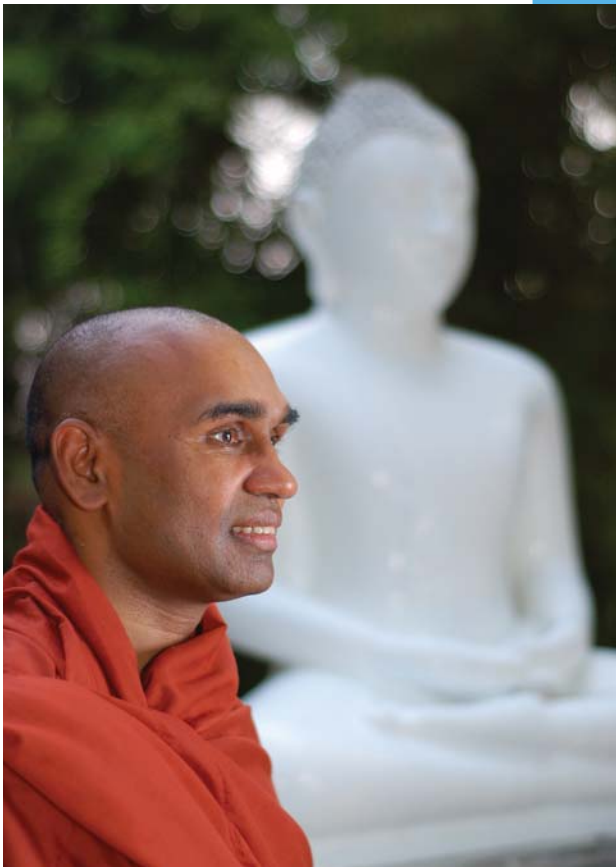


Meditation Workshop

Friday October 24th - Sunday October 26th

MEDITATION FOR BEGINNERS



Bhante Y. Wimala has been a Sri Lankan Buddhist Monk since the age of 14. For the last thirty years he has traveled the world speaking, lecturing, and conducting seminars on mediation, world peace, Buddhism, and evolutionary consciousness. His friends include people from all races, faiths, and classes. His message is timeless and universal.

Meditation for Beginners provides a survey of meditation techniques to start the beginner and refresh the experienced meditator.

Spiritual traditions throughout the ages have recommended meditation as a core practice and a path toward peace of mind. Modern medicine is now finding that meditation techniques can be applied to alleviate pain, improve health, increase vitality, and buffer day-to-day encounters with stress.

In Meditation for Beginners, appropriate for both nonprofessionals and helping professionals, we sample a variety of meditation traditions, philosophies, techniques, and practices from yogic, Buddhist, and shamanic traditions.

For thousands of years, Buddhist masters have practiced and evaluated nearly every meditation technique. It is from this legacy that Bhante Wimala draws his knowledge and guides us to develop a personalized meditation program that can be used at home to find peace and health in daily life. He also shares with us his personal experiences through slide shows, talks, and videos.

WORKSHOP INFO

Date:

Friday October 24th - Sunday October 26th

Location:

Omega
150 Lake Drive
Rhinebeck, NY 12572

Information and registration:

www.eOmega.org

registration@eomega.org

877-944-2002

OMEGA

