

# Meditation for Beginners

## with Prem Siri Kaur

### 4 week series

### Sundays

12:00 - 1:15pm

Oct. 3, 10, 17, 24

Cost: \$50

Drop-in: \$15

*call or go online to register!*



According to the Yoga Sutras of Patanjali, one of the ancient texts of yoga philosophy, there are eight “limbs” of yoga. Each limb relates to practices for achieving a healthy and fulfilling life. Out of the 8 limbs, 4 of them are directly related to meditation. Learning to concentrate, penetrate, and then transcend one’s mind is the back bone of achieving higher states of consciousness and balance in life.

In this series we will learn simple but powerful techniques for meditation. Students will learn that meditation can be a highly enjoyable, accessible experience as well extremely therapeutic for the body/mind construct.

If you have always wanted to learn meditation or add meditation to your current yoga practice, this series is perfect for you!

In this short series you will:

- Learn simple yogic stretches that help facilitate a meditative experience.
- Sit for 31 minutes concentrating on breath, sound and/or mudra.
- Relax deeply to a gong healing.

Yogi tea and small, healthful snacks will be served after each class.

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