Develop Your Meditation Practice
'Everyday Meditation Techniques'

Presented by

5 Koshas
yoga and wellness

Mondays, 11:00am – 12:00pm
November 5th thru December 10th
&
Thursdays, 4:00 pm – 5:00 pm
November 1st & 8th

Take an hour for yourself then re-enter your day with intention and purpose

Are you curious about how to integrate a **meditation practice** into your busy life or refine your current meditation practice? All abilities are welcome.

Benefits of practicing meditation can be:

- Reducing physical tension caused by stress
- Managing stress and chronic pain
- Enhancing attention
- Regulating emotions
- Cultivating a fresh perspective
- Supporting inner peace

Accessible Yoga techniques that we will practice to support seated Meditation:

- Yoga movements (postures), adapted for your needs with a chair or mat
- Awareness of breath and the practice of breathing techniques
- Integration of sound through mantra
- Self Reflection
- Guided relaxation

Heather Van Dalfsen
M.Ed, E-RYT 500, C-IAYT
Certified Viniyoga Teacher and Yoga Therapist
Partner, 5 Koshas Yoga & Wellness

"You are invited to attend one or all of the Meditation classes.

Join a supportive community of students in a welcoming space to learn and practice accessible Meditation techniques. Support your self-care and the deepening of your practice during the winter months.

Prepare the body, breath, mind, character and heart with short, nourishing movement and breath practices, in addition to mantra, sound and self-reflection guiding you for seated Meditation.

Tea, water and a healthy snack will be provided as we gather to learn and develop integrated meditation practices that fit your needs for home, at work, travelling or within your daily activities. Home practices will be available.

Do not hesitate to email or call me with questions as you prepare to register for the series." - Heather
heather@5koshasyoga.com | 715-574-8787

"Heather's guidance, knowledge and willingness to problem solve has blessed me with improved comprehension of my abilities and limitations. Heather addresses so much more that the postures and modifications. Her words inspire my mind and my spirit and she gently reminds me that everything is a practice." -C

Register with Heather, Jay@5koshasyoga.com or online at 5koshasyoga.com/yoga/class-schedule