

Meditation Programme, 2014

Research now supports what many people have been saying for years – that mediation helps them feel happier, more relaxed and less stressed.

Each week of this 18 week programme offers you the chance to experience specific meditation techniques that ‘trigger’ a specific theme.

Week Number & Theme	Week
1. Experiencing Deep Relaxation - accessing your inner peace	7/8 Jan
2. Finding Your State of Balance - the practise of grounding	14/15 Jan
3. Managing Conflict - an Alternative Approach	21/22 Jan
4. Cultivating Emotional balance 1 - embracing and transforming difficult emotions	28/29 Jan
5. Cultivating Emotional balance 2 - releasing emotional baggage	4/5 Feb
6. Transform Negative Thinking - elevating emotion	11/12 Feb
7. Banishing Worry and Obsessive Thinking	18/19 Feb
8. Improving Relationships - developing love and compassion	25/26 Feb
9. Genuine Happiness – reducing mental suffering with Guest Teacher – Elizabeth West	4/5 March
10. Taming the Scattered Mind 1 - developing focus	11/12 March
11. Taming the Scattered Mind 2 - learning to be present	18/19 March
12. Building Your Confidence	25/26 March
13. Awakening Your Creativity - discovering your self-expression	1/2 April
1 WEEK BREAK (every 12 – 13 weeks)	8/9 April
14. Accessing Your Intuition	15/16 April
15. Finding Your Clarity and Purpose - experiencing fulfilment	22/23 April
16. Creating the Life You Want - tapping into your full potential	29/30 April
17. Improve Overall Wellbeing – opening and balancing the Chakras	6/7 May
18. Transform Your Sleep For Life - having energy for your life	13/14 May

