

MEDITATION BASICS

WITH
MOLLY DAHL

Friday
October 12
5:30 - 7:15pm
Carson St. Studio
Intro & Yoga Nidra
by Donation

Saturday
October 13
9:30-12 Noon 7th St. Studio
1:30-3pm Carson St. Studio
Philosophy, Instruction
& Practice
Pre-register \$99
Day of \$108



FOLLOW THIS LINK TO PRE-REGISTER ~ [CARSONCITYYOGA.COM/MEDITATION-BASICS](https://www.carsoncityyoga.com/meditation-basics)

Meditation is a natural practice of paying attention to yourself and your life. It's a fun and engaging way of training the mind to quietness, to deep awareness, and to the endless possibilities that surround you and lie within you. This ancient practice is packed with benefits for the 21st Century life-style. Come explore what your mind is capable of and how to access its power.

Friday night will be a donation-based intro and Yoga Nidra practice ~ which is a reclined, guided meditation. It's really quite delicious!

Saturday will offer you a tiny bit of the history, roots, and philosophy of meditation, as well as some explicit and easy-to-understand instruction, with various opportunities to practice ~ both guided and silent meditations.

No experience necessary! Come as you are and bring your curiosity. All levels welcome.

Questions? Need more info? Email Molly Dahl mdahl@youthpositive.net

Carson City Yoga - Yoga Education Studios | www.carsoncityyoga.com