



## **Meditation Program**

An introductory course on meditation, will be held at the Mothers Trust Temple, 6676 122 nd Ave., Ganges, at 7:00 P.M., beginning on Wednesday, April 16 and continuing for four weekly sessions. This is a structured program that will provide both techniques and motivation to create, develop and sustain a personal meditation program.

Based on the Raja Yoga philosophical system, the meditation methods to be presented have been developed over the course of many thousands of years. Raja Yoga, termed the Royal Path, seeks to establish and maintain a state of balanced and harmonious self-awareness as well as inner peace.

Sessions will include an introduction to:



- The history of esoteric yoga with an overview of Patanjali's Yoga Sutras (4<sup>th</sup> century B.C.E.)
- What Meditation is and what Meditation is not
- The basics, including proper place, time and conditions
- Developing a positive and uplifting life view
- Techniques to increase our sense of well being
- Being comfortable with ourselves on the inward journey
- Introduction to the subtle tools used in Meditation

Non-Denominational

All are welcome

**Coach: Herb Hoster**

**\$50 donation per individual suggested**

Visit [www.motherstrust.org](http://www.motherstrust.org) for information on this and other programs