



Mastering Meditation --w/ Eric Orkin

Doctors tell their patients to meditate for its many health benefits. People who practice meditation regularly attest to its mental, emotional, and spiritual transformative effects. Yet, meditation is not widely practiced because it is largely misunderstood. This course makes meditation available to anyone, regardless of age or physical fitness. Here are some of the facts:

- **Meditation is done sitting in a comfortable chair.** No yoga postures or breathing exercises.
- **Everybody has a mind that jumps from one thought to another.** No mind control or concentration. Meditation is easy to do.
- Some people gave up on meditation because they tried it and fell asleep. **Sleepiness in meditation is common**, especially when starting the practice. Sleepiness is not a problem.
- **Meditation is not a religion;** it is a type of mental activity with beneficial effects, just as are sleeping or dreaming.
- **Religious people find meditation deepens their beliefs** and enhances their understandings.
- **No particular beliefs required.** Exercise works whether you "believe" in it or not, so does meditation.~ ~Skeptics welcomed.

Sign up for the four-session course:

Monday, January 10 th	2:15-3:45 PM
Wednesday, January 12 th	2:45-3:45 PM
Monday, January 17 th	2:45-3:45 PM
Monday, January 24 th	2:45-3:45 PM

Cost: four sessions: \$60 - sorry, **No drop-ins**

Shamanism, Meditation, and Intuition w/ Eric Orkin

Shamanism opens the doorway to the intrinsic unity and integrity of the universe and to ourselves as integral parts of that whole. There is evidence of shamanic practices in most all of the world's cultures. Britannica Online says it may originate as early as the Paleolithic period, predating all organized religions, and certainly as early as the Neolithic period. Shamans throughout history have been healers and intermediaries to other worlds. Controlled studies, by organizations like Kaiser Permanente, have found shamanism to be remarkably effective in healing.

This **four-session** course will integrate meditation, shamanic journeys, and exercises in intuition to open the doorway to moving and enlightening experiences. Past participants have reported valuable and healing insights.

- **No beliefs required.** Doubters welcome.
- **No conflicts with religious beliefs.** People of all faiths meditate and practice shamanism.
- **No special physical or mental abilities needed.** Anyone can take this course and be successful.

4/ \$75- sorry **No, drop-ins.** Mondays starting January 10th- Jan 31st ~ Time: 4:00-5:30 PM

Location: SANIBEL YOGA, 2496 Palm Ridge Rd-Call: 239.738.3856 to Register