

Syllabus

Each lesson is suitable for beginners as well as intermediate and advanced meditators.

Week 1: Who is it we sit with?

Week 2: Slowing the Busy Mind

Week 3: Zooming In and Out

Week 4: Loving Kindness Meditation

Week 5: The Work Meditation

Week 6: Touch and Release Meditation

Week 7: You are the Mountain Meditation

Week 8: Recollective Awareness

Previous Meditation Experience? Y / N

If Yes, _____

Have you got any medical issues? Y / N

If Yes, _____

If you have any concerns regarding your mental health, it is advisable you consult your doctor prior to commencing any form of exercise. Please advise your instructor of any issues you have regarding your mental health.

What do I need to bring to my class?

An exercise mat, water bottle and wear clothing you can relax in comfortably. Blanket and pillow. Your beautiful self.

Meditation Contact:

Nikki Ward

0417 435 029

Email:

wardnicolette@icloud.com

Bookings Essential

Checkout our Website

www.nicoletteward.com

**Start building your
concentration and
relaxation**

TODAY!

MEDITATION

With

Nikki Ward



MEDITATION CLASSES:

Commences: 6th February 2020

THURSDAYS

7 – 8:30pm

3 Narelle Crescent,
Rosedale South, QLD, 4127

Meditation is traditionally not a Western practice however, in recent years, neuroscience has found that it has **significant health benefits**, from stress reduction to actual changes in blood pressure that enhance health.

At Blue Cloud we encourage people to try meditation even if they don't think they can sit still for longer than five minutes. We teach you **how to calm your mind** and how to focus in and **build concentration** using **fun and interesting techniques**.

You don't even have to close your eyes if this makes you feel uncomfortable. We run you through the **basics of meditation** in each class so that beginners can start at any time, and practiced meditators can improve their technique.

We don't practice chanting in our meditation classes although chanting can be highly effective in tuning the body at a cellular level for health and well-being. We also don't insist on being seated a certain way – you are free to lie down or sit up as you please or even change position mid-session!

We give you tools, tips and tricks to try at each session that you can use in your everyday life in a practical way. It does take practice and time to experience the benefits of meditation, however, it doesn't matter whether you are a beginner, or an experienced meditator, there will always be something new to learn.

Meditation is well suited for beginners!

We teach a range of meditations, such as guided imagery, to guide you to relaxation and stillness.

Would you like to:

- Increase mental strength
- Increase concentration
- Build a strong relaxation response
- Learn breath techniques
- Harmonise and balance relationships
- Improve sleep
- Find peace and harmony
- Reduce anxiety

Allow me to show you how!



Benefits of Meditation:

MENTAL BENEFITS

- Fights Depression & Anxiety
- Fights PTSD
- Improves Academic Performance
- Helps Regulate Emotions
- Fights Memory Loss

SOCIAL BENEFITS

- Improved Relationships

PHYSICAL BENEFITS

- Reduces Rheumatoid arthritis
- Fights Chronic Pain
- Helps Irritable Bowel Disease
- Reduces Heart Disease Risk
- Slows HIV Progression
- Aids in Weight Loss
- Improves Sleep
- Lessens Cold & Flue Effects
- Slows Aging