



Mindful Turtle Yoga & Wellness

www.mindfulturtle.com • (631) 721-1881
1111 Route 25A • Stony Brook, NY 11790

MEDITATION WORKSHOP Gentle Yoga and Meditation Class



Join us for a relaxing evening of gentle yoga and meditation with yoga and meditation instructor Theresa Moje. In this class we will relax the body with gentle yoga, then chant the mantra "Om Namah Shivaya", which means I honor my inner self, and end by bringing the vibration of the mantra deeply within and meditating for 30 minutes.

The class will consist of...

- * 30 minutes of gentle yoga to open the body to sit more comfortably for meditation
- * 20 minutes of chanting the mantra "Om Namah Shivaya", stilling the thought waves of the mind
- * 30 minutes of meditation

Mantra meditation is the chanting of sacred words or sounds, that is a central part of yogic meditation. Mantra comes from the combination of two syllables: "man" meaning "to reflect" or "be aware", and "tra" meaning "tool for" or "agent of". A mantra is a tool for reflection and the cultivation of awareness, and is used for both concentration and contemplation on the Source. Within yoga, mantras are based upon sounds that reflect the energy of our divine nature.

Sunday, October 4th, 2009 at 5:00 pm
\$35 per person
Advanced Registration Recommended

Please bring a shawl or light blanket to wrap around you and a small pillow to sit on