

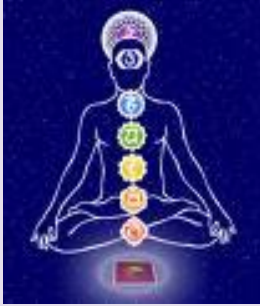
# ORIENTATION TO MEDITATION – Mantra & Mudra

## Half-Day Meditation Retreat and Workshop for Beginners

### Facilitated by Ruth Harring, Ph.D.

Date: September 18, 2010

Time: 9:30 a.m. – 12:00 Noon



**DESCRIPTION:** Meditation is a holistic activity we undertake for total integration of the Self—body, mind & spirit—in other words for our total well-being or “wellness.” In the beginning we learn and use simple exercises and techniques to assist in that process. Some of these techniques are *pranayama* (breath control), *asana* (postures), *mudra* (gestures), and learning to watch through observing silence. Through meditation we awaken our human potential, rejuvenate, and learn to abide in that “Self” during the course of our daily interactions. The class will include lecture, practical guidance,

meditation practice, and Q&A. Whether you are a beginner or have some experience in meditation, this workshop will enhance both your knowledge and practice.

### Vegetarian Potluck Lunch

### Suggested Donation \$10

Ruth serves as the Program Coordinator for the Sambodh Center for Human Excellence. She has considerable background in meditation, having learned from both direct experience and encounters with many mystics and saints in both America and India. Ruth has traveled extensively in India and has made numerous visits for study and practice under the guidance of two spiritual masters, Sri Yogi Raushan Nath, and Swami Bodhananda Saraswati, Spiritual Director and Founder of the Sambodh Center. She has conducted meditation workshops and currently holds two weekly meditation sessions. She teaches classes in Vedanta, India’s spiritual and philosophical tradition, at the Sambodh Center. To join any of these groups or classes, contact Ruth at (269) 327-3774.

### ✂-----Mail-In Registration Form-----

I plan to attend the Orientation to Meditation

**Retreat & Workshop for Beginners on September 18, 2010**

In order to attend you must register at least 1 week in advance by phone/mail/or email

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Email or Mail your registration form to: [Sambodh@charter.net](mailto:Sambodh@charter.net) or to

The Sambodh Society, Inc., PO Box 248, Kalamazoo, MI 49004

Registration & Info : (269) 327-3774; Sambodh Ctr: (269) 492-0544

Directions: Sambodh Center, 6363 N. 24<sup>th</sup> St, Kalamazoo, MI 49004