



# Meditation

a yoga workshop with Malisa Shames

**2-4pm**

\$30 members

\$35 non-members

min. 5 by Aug 13th

in Lotus Room

Meditation is simply the art of opening to each moment of life with calm awareness. This centuries-old technique can make your life today happier, richer, calmer and fuller. Meditation can help you relieve stress, relax, learn to go with the flow, get in touch with your emotions, reduce acute and chronic pain levels, and become more compassionate.

## Saturday, Aug 15th

In this workshop we will explore what meditation is, discuss common misconceptions of meditation, look at common reactions of the beginner meditator, and start meditating! We will practice several different styles and yes, anyone can meditate! Beginners welcome.



### about Malisa

Malisa (ERYT-500) has practiced Hatha and Vinyasa yoga since 1994. She holds a BA in Psychology with a Masters in Social Work. She understands and conveys the importance of the body-mind interplay in the practice of yoga. Malisa has had the privilege to study with Ana Forrest, Ramanand Patel, Rodney Yee, Mary Romeu and Murti. Her teaching focuses on the alignment of the body and the flow of the breath as means towards openness and balance. Malisa's classes are known for their consistent expression of healing and depth in a warm, supportive environment.