Meditative Mind 101

Dates: Starting February 8th for 12 weeks
Day: Monday
Time: 7:00pm – 8:00pm
Location: Room 302 Buck Health and Fitness Center
Instructor: Lisa V. Blake, M.A. (lisav.blake@gmail.com)
Cost: Bowdoin Students $80  Faculty/Staff $120 *

*Financial assistance is available to students and cost should not prohibit attendance.

Meditative Mind 101 is a 12 class session and no prior experience is necessary. Discover how meditation helps to create peace, balance, and well being in our fast-paced world.

We will learn basic techniques involved, (such as posture, breath work, mindfulness) and then explore various meditative practices, beginning with shamatha/vipassana (calm abiding/insight). Practitioners will be assigned 5 minutes of daily homework and are encouraged to keep a journal of insights, epiphanies and experiences.

This class is being taught by Lisa V. Blake, MA. Ms. Blake is a Meditation Practitioner at True North Health Center in Falmouth, Maine and is the founder of the Maine Mindfulness Project. She has taught hundreds of people to meditate and believes you are never too young to start, never too old not to.

For more information, please visit www.mainemindfulnessproject.com or www.truenorthhealthcenter.org