

MEDITATION RETREAT

April 10th to 12th 2009 at the beautiful Shambala Centre, Findhorn
Residential weekend retreat. Friday 3pm - Sunday 4pm
£250 all inclusive



Suitable for beginners or experienced meditators. Some sessions are optional to enable you to tailor the retreat to your own requirements.

If you would like to learn more about meditation, explore different ways of meditating and perhaps learn some new techniques that you feel comfortable with and can fit into your routine at home and work, then this relaxing, regenerating and revitalising weekend workshop is for you!

Throughout this retreat you will experience basic forms of meditation using breath, awareness, movement, sound, chanting, mantras, mudras and guided visualisation. We will also be working with the archangels to activate your chakras to a higher level. You will have the opportunity to join in some Tibetan yoga sessions, perhaps on the beach and participate in the spiritual life of Shambala. On Saturday evening we will visit the incredibly peaceful Pluscarden Abbey to hear the monks chanting. As Shambala is right on Findhorn Bay, please bring your swimming costume and towel if you enjoy swimming in the sea. Shambala is within minutes of the main Findhorn Community buildings, shop, Universal Hall and sanctuary.

This weekend offers you the opportunity to:

- Experience and learn several different meditation techniques
- Discover the most effective way for you to meditate
- Recharge your batteries
- Relax, Rejuvenate and Refresh



- Take some time out for yourself
- Enjoy some simple and effective yogic exercises and inspirational chanting
- Develop skills to use in your daily life to help you become and remain calm, relaxed, focused and energised.



There are many paths to inner peace. As we are all different, the best path, or combination of paths, is the one that suits *you*. True inner peace, like true happiness, is not dependent on external circumstances, but becomes the mental/emotional bedrock of our existence. Therefore inner peace, like contentment, is a skill that can be learnt. Meditation is the tool for finding inner peace that is common to all traditions in some form or another.

Research has shown that when we meditate our brain wave pattern alters from the usual beta waves, through the more relaxed alpha waves, to theta and even delta. Alpha ranges from 7-12 HZ and is a place of deep relaxation where we access our creativity. In sleep and the higher states of meditation we experience theta, at 4-7 HZ. This is where the senses are withdrawn from the external to the internal, and is the optimum level for deep thought. Delta waves occur at 0.5-3HZ in the deepest sleep or deepest meditation and confers a profound sense of deep peace.

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