

Sunday Morning **Meditation**

by Donation with Jill Palmer Giri



Sunday, November 26, 2017

8:00–9:00 AM

This is an offering to inspire you to meditate regularly. When we meditate regularly, we increase our self-awareness which increases our capacity for regulating emotions, decreasing reactivity, anger, fear, improving sleep and over-all well-being. This class is open for newcomers to the practice, those seeking to renew their relationship with meditation, or those who practice regularly and benefit from the support of occasional group meditation.

We will use mind-quieting and mind-concentrating techniques, including pranayama (breathing exercises) as a springboard into meditation. Why meditate? Because when the mind rests - stress reduces, blood pressure normalizes, mood improves, cognitive power and ability to concentrate increase. All this = better quality of life.

Jill Giri Palmer, E-RYT 500, has taught yoga in New Mexico, Hawaii, and India. She has studied and practiced yoga asana, yoga philosophy, meditation and pranayama, Indian classical music, Ayurveda nutrition and therapies, and Sanskrit in both India and the U.S. over the last 16 years. She received her teaching certification through High Desert Yoga and has studied for several years with teachers in Rishikesh, Jaganath Puri, Pondicheri, and Mysore, India. Her teaching is inspired by the alignment of Iyengar, the organic and authentic explorations of Angela Farmer, Self-awareness, and Aloha.

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