

meditation

learn how to meditate



Meditation has been around for centuries and modern science has recently been able to start measuring the benefits of meditation through improvements in brain scanning technology.

Research shows that meditation can:

- Increase concentration and attention span
- Reduce stress
- Improve sleep
- Reduce natural aging
- Improve brain functioning
- Improve relationships and happiness.

Meditation is often referred to as weight lifting for your brain. We can spend so much time and energy working on keeping our physical body healthy, but what do we do for our mind?

Join Katie Garnett for a 6 week Meditation Course that will demystify the practice of meditation. This course is designed to empower you with the skills and knowledge needed to be able to guide yourself in your own home meditation practice. This practice draws information from ancient traditions such as Yoga and Buddhism however it will be presented in a secular (non-religious) manner so that it is accessible for all.

Throughout the course you will:

- Learn the difference between relaxation and meditation
- Explore the three different types meditation (including mindfulness)
- Learn tips and tricks to start a home meditation practice
- Practice different ways to sit for meditation to ensure you're comfortable
- Uncover how this ancient practice helps to strengthens your brain
- Discover the scientific evidence-based benefits of a regular meditation practice
- Learn how the brain waves change during meditation
- Explore how meditation can benefit and deepen your relationships
- Discover how meditation can improve your quality of life
- Deepen your understanding of your own purpose and values are integral in providing meaning and direction in your life
- Practice breathing techniques for quietening the mind and preparing it for meditation
- Practice a variety of meditation practices
- Learn how to implement these practices at home.

What else is included:

- Through out this course you will be given worksheets and homework to support your learning. It is expected that you complete a daily meditation practice throughout this course. Only 10 minutes per day is suitable.
- Measures will be used at the start and completion of the course to track any changes your wellbeing over the course.
- You will be provided with access to a number of KatieYoga online meditations to use over the year to support an ongoing home practice.

Katie Garnett - KatieYoga

Yoga Therapist, Teacher and Teacher Trainer
MProfComms, GradDipEd(Sec), BA(Multimedia Design),
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Katie Garnett is Yoga Teacher, Yoga Therapist, Yoga Teacher Trainer and Vice President of Yoga Australia. Katie is passionate about mental, physical, social and emotional wellbeing. She strives to empower individuals with knowledge and strategies to take charge of their health and wellbeing. Katie teaches alignment-focused yoga through which she interweaves yogic philosophy and teachings. She structures her classes around specific learning objectives to enhance her client's experience, and deepen their yoga practice and knowledge. Katie's interests include ensuring yoga accessible to all ages and abilities, using the practice to build strength and stability, offering a sustainable yoga practice and fostering community around the practice of yoga.



katieyoga.com.au