



COMMENTS ABOUT CONTINUING MEDITATION

Resources For Furthering Your Journey

"Neil encourages us to find our own path."

- Monterey Community Centre (*Eight Week Class*)



Intended to provide support for those who have completed an introductory class or workshop, Neil McKinlay's continuing meditation services assume numerous formats. Regardless of their specific shape, however, monthly gatherings and home groups, weekly classes, personal coaching, and *The Meditation Update* are all vehicles for people to deepen their connection with the practicing lineage. This range of offerings reflects Neil's hope that such deepening will, over time, become available to an ever greater number of individuals.

"Our meetings remind us where we are going and, perhaps more importantly, where we are. "

- Ocean View Home Group (*Evening Workshop*)

"An invaluable aid in deepening my daily practice."

- *The Monthly Meditation Update* (*Six-Month Subscription*)

"The short talks are informative, inspiring, and thought provoking!"

- Monterey Community Centre (*Eight Week Class*)

"Neil's workshops provide a bridge, helping me to become more present in daily life."

- Ocean View Meditation Group (*Morning Workshop*)

"A welcome opportunity to talk about experiences that occur in personal practice."

- *Personal Meditation Coaching* (*Four Session Package*)

"The regular classes help me see that meditation is ever changing and challenging."

- Monterey Community Centre (*Four Week Class*)

To learn more about Neil McKinlay's continuing meditation services, contact:

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