



THE FIVE MINUTE REFRESH

Meditation In Our Busy Lives

"What a wonderful feeling of settling!"

- BC Ministry of Public Safety (Wellness Workshop)



Our lives can exhaust us. Overwhelmed by a seemingly endless succession of demands, we become increasingly drained and distracted. Affecting us at both home and work, we become less effective and engaging. Though we know something must be done, finding the necessary time and energy seems an impossible task.

In *The Five Minute Refresh*, Neil McKinlay shows us how to address this situation in as little as five minutes. Drawing from his popular *Learning to Meditate* workshop, he helps us engage the elements of grounding, alignment, and breath in a new way.

Through this, we are able to reconnect with a flow of well-being that constantly streams through our minds and bodies. As this occurs, we relax and rejuvenate in a remarkably deep way.

The Five Minute Refresh workshop provides a highly experiential introduction to this profound yet accessible style of meditation. Alternating a series of guided practice sessions with time for further explanation and participant-driven discussion, this event helps us:

- Establish physical alignment 'from the inside-out',
- Acknowledge the ever-present pull of gravity as a call to relax,
- Replace involuntary thinking with the innate openness of mind and body,
- Connect with our lives in a more settled and vital way.

A 'Meditator's Starter Kit', consisting of a guided CD and a copy of Neil's helpful booklet, *Steps Along the Way: Questions From a Meditator's Journey*, can be provided to each participant for a per person fee. Such inclusion greatly facilitates individuals' ongoing engagement with meditation practice.

ABOUT NEIL MCKINLAY

Neil McKinlay's work stresses the accessibility and relevance of meditation in our everyday lives. A longtime practitioner, Neil has trained under the direction of Dr. Reginald Ray for the last decade. As an authorized meditation instructor, he has offered workshops and classes in a variety of settings. Echoing the perspective apparent in his teaching, Neil's book, *Learning to Swim: Reflections on Living*, affirms human dignity and his personal coaching helps us connect with life in a more immediate way.

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

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