



LEARNING TO MEDITATE

An Introduction to Meditation Practice

“This was great! It really opened me up.”

– Matt Butterfield, University of Victoria



Meditation connects us with our lives. Through settling our minds and opening our bodies, the practice helps us engage ourselves in a deeper and more authentic way. Such engagement lay at the heart of personal wellness. It also lay at the heart of human unfolding.

In *Learning to Meditate*, Neil McKinlay helps people start themselves on the path of meditation. Joining his long history as an award-winning swim coach with his training as a meditation instructor and his personal practice experience, he provides the guidance required to begin this journey with confidence and curiosity.

Much of this direction is experiential in nature. Whether the event is presented as a single session workshop or a multi-date class, most of its duration is devoted to actually practicing meditation. And all discussion relates directly to this subject. More precisely, *Learning to Meditate*:

- guides participants through a basic meditation practice,
- deepens this practice with body-based relaxation exercises,
- adapts presented material to the demands of daily living,
- offers direction for continuing the practice at home.

A 'Meditator's Starter Kit', consisting of a guided CD, yoga strap 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 meditation services, contact:

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