



COMMENTS ABOUT LEARNING TO MEDITATE

An Introduction to Meditation Practice

"I enjoyed learning about meditation first-hand."

- *Making Tomorrow Conference (Afternoon Workshop)*



Offering an accessible and highly experiential introduction to meditation practice, *Learning to Meditate* has been enjoyed by hundreds of individuals over the years. Presented as a single-session or extended class, hosted in community centres, professional settings, and private residences, this event has earned near universal acclaim. Below is a small selection of the comments received to date. A sense of *Learning to Meditate's* wide ranging venues and formats is also provided.

"The clarity of instruction and openness to questions made this a great experience. "

- *Monterey Community Centre (Eight Week Class)*

"A very positive workshop! The pace and the encouragement built my confidence."

- *Our Children's Society Childcare Centre (Professional Development Workshop)*

"The practical emphasis and step-by-step instructions of this event were excellent."

- *Queenswood Centre for Spiritual Growth (Afternoon Workshop)*

"A comprehensive workshop. A great start to practicing meditation!"

- *Gordon Head Recreation Centre (Two Week Class)*

"The open and supportive atmosphere meant a lot to me."

- *University of Victoria Rec Plus (Eight Week Class)*

"This was a wonderful experience. Today offered exactly what I need in my life!"

- *Canadian Union of Public Employees (Professional Development Workshop)*

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

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