



MEDITATION COACHING WITH NEIL MCKINLAY

“Neil’s coaching has helped me continue on this path.”

– Renee Olson, Victoria B.C.



Meditation is a lifelong journey of connection. The practice leads us ever more deeply into the heart of living. By settling our minds and opening our bodies, we are encouraged to engage ourselves in an increasingly authentic way.

This is not always an easy path to follow, however. Establishing a personal practice can be challenging. What we encounter as we sit, often confounds our expectations regarding what meditation is 'supposed' to be about. Even more perplexing, the practice can confound our ideas regarding what we are 'supposed' to be about!

As a personal coach, Neil McKinlay helps people navigate the meditative terrain. Drawing on his history as a swim coach, his own practice experience, and his training with one of North America's foremost meditation teachers, he offers tools and perspectives to continue on this path. His coaching can help:

- establish a personal meditation practice,
- deepen our understanding of the meditative journey,
- develop trust in the wisdom of our own experience,
- bring the meditative perspective into daily living.

This coaching service can stand alone or be combined with Neil's popular *Learning to Meditate* offering. Whether presented in a class or workshop format, this event introduces a powerful approach to practice and provides guidance for continuing at home. All participants are offered a 10% discount on their initial four-session coaching package.

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 and coaching services, contact:

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