



MONTHLY MEDITATION UPDATES

Guided Meditations For Ongoing Practice



Learning to meditate - whether through an event of this name or through *The Five-Minute Refresh* - marks only the beginning of our engagement with this tradition. Once we have been taught how to meditate, our task shifts in the direction of establishing a regular practice. For many of us, this shift is difficult. One of the challenges we face often involves knowing just what to do through the span of a session. Neil McKinlay's *Monthly Updates* help with this.

The Updates provide subscribers ten guided practices each year. This offers conventional meditators a series of 45-60 minute sessions, each of which combines prone bodywork with periods of upright sitting practice. Practitioners of *The Five-Minute Refresh* receive five-minute variations on the technique presented in Neil's basic workshop. In each case, this service offers a tool that will help subscribers continue these practices and deepen their engagement with life.

After submitting the order form below, *Update* subscribers receive an email every 4-6 weeks informing them another guided practice is ready. The downloaded mp3 can then be played on a computer, transferred to an mp3 player, or converted into CD format.

**MONTHLY MEDITATION UPDATE
ORDER FORM**

Name:

Email:

Phone:

Please check your subscription level:

The Five Minute Update

___ 6 months/5 updates = \$25

___ 12 months/10 updates = \$45

The Meditator's Update

___ 6 months/5 updates = \$40

___ 12 months/10 updates = \$75

Mail a cheque payable to:

**Neil McKinlay
31-2161 Haultain Street
Victoria BC V8R 2L9**