

# ॐ An Introduction to Meditation ॐ

In our day to day lives we don't make time for ourselves. We let little aches and pains go unnoticed and tell ourselves that we should be able to cope with more and more stress. If we carry on like this we can start to suffer from insomnia, fatigue, headaches and other stress related illnesses.

By introducing mediation in to your daily routine you can begin to relax and tackle the issues and symptoms bought on by stress.

This four-week course takes you through the basics of meditation practice and shows how easy it can be to incorporate relaxation in to your life. The course will cover:

- **Benefits of Meditation**
  - **Preparation**
- **Breathing Techniques**
  - **The Energetic Body**
- **Grounding & Protection**
  - **Visualisation**
  - **Positive Affirmations**
  - **Meditation Tools**

**Workshop Start Dates for 2012:**

**Thursday 9<sup>th</sup> February / Thursday 19<sup>th</sup> April**  
**Thursday 12<sup>th</sup> July / Thursday 15<sup>th</sup> November**

*(each session will start at 7:30pm and will last for approx 1½ hours)*

**Cost: £65.00**

*(all equipment and full manual provided)*

**Places are limited so REGISTER NOW**

Workshops are held at:

**36a Broomfield Road, Chelmsford, Essex CM1 1SW**

To book call **07801 700542** or send your completed booking form to:  
**the above address**

**About your teacher...**

Jacqueline's holistic career began when she trained as a Beauty Therapist and Aromatherapist in the early nineties at the London Institute of Beauty Culture. On graduating she worked for The Spa at Selfridges in London before moving on to Yves Rocher where she managed their Harrow branch. Since 1999 she has studied various massage therapies, two Reiki disciplines to Mastership level, Crystal Healing, Indian Head Massage, Hopi Ear Candles, Meditation and Buddhism in addition to becoming a licensed 'Heal Your Life' Teacher. She is also a fully qualified member of B.A.B.T.A.C. and Embody.

Jacqueline now practices her therapies and runs workshops in Chelmsford, Essex with the aim to teach, aid and support anybody who wishes to live a healthy, happy, holistic life..

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**INTRODUCTION TO MEDITATION – Booking form**

**Name:** .....

**Address:** .....

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**Tel. No:** .....

**E-Mail:** .....

**Course Date:** .....

A non-refundable deposit of £30 is required with booking form. Balance payable 3 weeks prior to course date. Please make cheques payable to **Jacqueline Taylor**