

Meditation at Marsh Creek



This meditation class will offer a combination of teachings about meditation and its benefits. It will introduce the participants to and guide them through the practice of mindfulness meditation as well as other types of meditation including, single point concentration, analytical, visualization, metta (loving-kindness) and intention. It will also introduce walking meditation. The talks will be about each type of meditative practice introduced as well as teachings on how to maintain a daily practice. It will guide the participants through each practice, including the sitting posture whether on a cushion or chair, breathing techniques, mindfulness, letting go of judgmental, self-critical and disturbing thoughts. The practices taught will promote balance, clarity and feelings of wellbeing in every aspect of one's life. The main focus of the class will be on becoming aware of our thoughts and changing the way we think. We change the way we think and we will change the way we view the world and how we behave in our everyday lives. The goal: Becoming better human beings. Taught by Andre Smith.

Age: 18 years and up
Tuesdays: 7-8pm
Course Fee: \$20

Each Course is 6 weeks

July 26	#196706
September 13	#196707
November 1	#196709



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Marsh Creek Community Center
3050 N. New Hope Rd.
Raleigh, NC 27604
(919)996-4920

