



Meditating with the Body - PEMS2679

Intended for meditators of all levels and traditions, this workshop introduces the work of Dr. Reginald Ray and explores the importance of the body in spiritual practice. Using a series of exercises adapted from Tibetan Yoga, we are guided into deeper connection with our physical existence and taught how to meditate in a grounded way. Through this, we discover the transformative power of our own lives. We realize spirituality is nothing less than an invitation to enter the human journey. It is a call back from the disconnected world most of us live in; a call into a more fulfilling way of being.

Participants are advised to wear warm, comfortable clothing, and to bring a blanket or mat to lie on.

Topics:

- Spirituality and the body,
- The practice of embodied meditation,
- Meditation and the human journey,
- How to continue at home.

Learning Outcomes:

- Practical familiarity with embodied meditation,
- A sense of the human journey,
- An understanding of the role of the body in spiritual practice,
- Confidence to continue the practice at home.

Facilitator: Neil McKinlay is a meditation instructor and personal coach who offers workshops and classes throughout southern Vancouver Island. A long-time practitioner and close student of Dr. Reggie Ray, Neil draws from his training in the tradition of Chogyam Trungpa to emphasize the accessibility and relevance of meditation in the modern world. Seeing the spiritual journey as an inherent part of human life, his teaching style is immediate and personal, always affirming the dignity and wholeness of our lives as they are.

Length: 1 day

Date: Sat, Nov 26, 2011

Times: 9am - 4pm

Cost: \$75 + applicable taxes

Best to Register By: Sat, Nov 12, 2011

To Register:

Register online at <http://www.royalroads.ca/continuing-studies> using Visa or MasterCard; or by telephone, Monday to Friday, 9:00 a.m. – 4:00 p.m. at **250-391-2600, ext. 4801**; or **Toll Free at 1-866-890-0220**. Or, come by in person to the Continuing Studies reception area in the **Grant Building, 2005 Sooke Road**, Victoria, BC, Canada V9B 5Y2.