

Secrets of Great Meditation and Personal Well-being:

An exploration of the mind and mediation.



with Gurucharan Singh Khalsa

4 Workshops on Saturday, April 27th and Sunday, April 28th
Attend all 4 and save!

Saturday, April 27th - 9:00am-12:00noon

Teaching Your Mind to Meditate - Is easier than herding cats!
Your mind is joined seamlessly with your breath. By directing your breath you can communicate to your mind and shift the state and way it operates. In the breath we have a powerful tool to bring consciousness and focus to our mind. In this session we will focus on the central role of breath to bring the use of attention and sound in meditation.

Saturday, April 27th - 1:30pm-5:30pm

Three Minds - Three meditations: How your three minds can fulfill or block your goals and what to do about it. The negative, positive and neutral minds have distinct characteristics. Ideally they work together. Each thought is processed through all of these minds and then placed with you to qualify and to direct. This session looks closely at these minds, how they function, how they are supported by our brain and nervous system and what to do to cultivate and refine their strengths.

Sunday, April 28th - 9:00am-12:00noon

Deep Stillness - The art of an authentic life

We all seek a true north, a destination with deep value and fulfillment. Along the way we need to negotiate our path across every terrain. What we bring to those moments determines if we reach the goal and our true north star. Meditation gives us the capacity to start from zero. To set a direction not by effort but by intention and with our magnetic projection. This session focuses on the art of beginning. The art of stillness that is at the core of all effective action and how we refine that through meditation for our life.

Sunday, April 28th - 1:30pm-5:30pm

The All is in the Sm'all' - Meditation, intuition and the mystery of the parts and the Whole Self. There is a mystery, a white elephant in the room. It is how our finite self can sense infinite meaning. It is central to yoga and meditation. We explore how meditation, the mystic vision and the experiences of life bring us to this question and to becoming an answer to it.

Meditation and its effects are easily available to everyone no matter their level of experience. With proper breath techniques you can go immediately and deeply without taking decades to get there.

Individual workshops are \$89 each. Or attend all 4 for \$340.
Pre-registration is required.



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