

MEDITATION SKILLS FOR MANAGING LIFE

Taught by **Betsey Downing, Ph.D.**



Carrboro Yoga Company, Carrboro, NC
Thursdays, 10:15-11:30am
April 21 – May 26 (Free preview class on April 14)
\$50 for the 6-week series or \$10 per drop-in



Meditation can be an indispensable and calming practice for the unsettled times we're living in. It is an easily learned skill that can provide a pathway to living with greater peace, grace, and wisdom.

In essence meditation is learning to be conscious in the present moment. Major skills will include recognizing our thoughts, mental habits and patterns; consciously choosing where

to direct our attention; fully allowing "What Is"; navigating the emotions; and embracing total self-acceptance.

A variety of techniques are offered so students can find ones that resonate with them. The course also includes breathing exercises, suggestions for home practice, and discussion of the obstacles encountered in meditation.

"Betsey teaches from a deep well of wisdom and practical knowledge..." - Student quote



Betsey Downing, Ph.D., E-RYT-500, has been a yoga practitioner since 1972 and a meditator since 1974. Her teaching is a synergy of her core practices of meditation, pranayama, and asana. It is informed by her study of yoga and philosophical texts, writing, reflection, and personal growth work.

Betsey's teaching comes from a deep well of wisdom and practical knowledge, developed over her long career in yoga. She has found meditation to be an indispensable and calming practice for the stormy waters we're all trying to navigate. Meditation is potentially a practice of transformation as well as providing a pathway to living with greater ease.