

Meditation for Beginners

BRAHM
Education Centre

BRAHM EDUCATION CENTRE

Yeo's Building (2nd Floor),

2 Telok Blangah St 31, Singapore 108942

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Website: <http://www.brahmec.com>



Who should attend: Corporate professionals, office workers, counselors, social workers, doctors, nurses, teachers, lawyers, HR staff, students, mothers-to-be, home-makers; anyone seeking deep rest, de-stressing, emotional resilience, inner peace & wellness.

Courses offered:

[2010]

◇ [89] Sep 4 [*] 18 25 (Sat 10.30 am-12.30 pm)

◇ [90] Nov 13 20 27 (Sat 10.30 am-12.30 pm)

[* Break]

Course Fees: \$80 BF members; \$90 non-members

COURSE CONTENTS

Meditation is moment-to-moment nonjudgmental awareness. Breath meditation helps you live the present. A meditator relates to his body and mind in a wise and caring manner.

1. Why & how to meditate
2. Deep rest and better sleep
3. Mental focus & better attention
4. Mind-watching & self-healing
5. De-stress and wellness
6. Emotional resilience
7. Overcoming drowsiness
8. Expedite healing & immunity

MEDITATION THERAPY: ☎ 8211 0879

Benefits of meditation: Scientific research shows that the body releases chemicals that increase pain and inflammation in many medical disorders when we feel stressed. Relaxing the mind and body through meditation reduces the release of these harmful and irritating chemicals.

Meditation works as **complementary self-therapy** for those undergoing treatment for AIDS, cancer, anxiety and panic disorders, arthritis, depression, fatigue, headaches (including migraine, tension headaches), chronic pain, sleep problems, stress, type A behavior and gastrointestinal distress. Meditation **reduces** anxiety, stress, blood pressure, chronic pain, insomnia, cholesterol levels, symptoms of post-traumatic stress syndrome in Vietnam veterans, substance abuse, health care use, & can help increase longevity and quality of life.

See: <http://mednews.stanford.edu/stanmed/1999spring/complements.html>

Piya Tan, meditation therapist since 1980s, and Theravada monk for 20 years. He learnt Vipassana meditation from Mahasi Sayadaw & forest meditation from Ajahn Brahmavamsa. He has taught meditation at Univ of California @ Berkeley, the Defence Science Organization, SIA, HP, Hitachi, BP, etc. He is personal meditation mentor to various individuals, and is now translating and teaching early Indian texts on meditation and psychology. He is doing all this for Ratna and their two young children. **Wiki Piya:** http://en.wikipedia.org/wiki/Piya_Tan

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REGISTRATION FORM

Course Fees: \$80 BF members; \$90 non-members

MEDITATION FOR BEGINNERS Intake _____ beginning _____ 2010

NAME: _____ BF MEMBERSHIP NO. _____

ADDRESS: _____

TEL NO: _____ HANDPHONE: _____ EMAIL: _____

PAYMENT: S\$ _____ Nets _____ Cash _____ Cheque No. _____ Bank _____

Please make cheque payable to **Brahm Education Centre Ltd** & mail to:

Buddhist Fellowship, Yeo's Building (2nd Floor), 2 Telok Blangah St 31, Singapore 108942