

MEDITATION CLASSES

We teach Meditation to Adults, Teen, Kids, Families, Corporations and Institutions.

Meditation we teach can be enjoyed by people of any religion or culture.

Our programs are custom designed and taught with great care.

In addition to working together in-person or remotely, students will be provided hand-outs, audio and meditation tools to help build a successful home practice.

MEDITATION FOR TOTAL BEGINNERS:

Choose from and send a payment from the Schedule Page to register in advance for:

1. Series of 6 Private Lessons

LEARN

MEDITATION

2. Yoga Nidra and Meditation Small Group Class (See Schedule page for details)

3. One of our Workshops and/or Sunday Half-Day Retreats in Ann Arbor, MI

4. A 3-Day retreat we teach at the Vivekananda Retreat Center in Ganges, MI

MEDITATION FOR PROS:

Pranayama and Meditation, as well as Yoga Nidra and Meditation Certification Courses are available for those you who would like to deepen their practice or teach.

Now read this article I wrote about Meditation from the Yoga Tradition:

Meditation from the Yoga Tradition and Health

Yoga and meditation are now prescribed by doctors in many countries both as a preventative and curative therapy in the beginning stages of stress-related diseases. Classical properly learned and accurately transmitted yoga and meditation provide deep, systematic relaxation for both body and mind, i.e. the whole person of the recipient. At times this results in accounts of miraculous healing and positive transformation.

The art and sciences of classical i.e. true yoga traditionally known as **satyoga** and also meditation from the classical yoga tradition are based on developing total awareness and total relaxation resulting in self-realization of one's total human potential. Health benefits are some of the important byproducts to be gained and maintained in the process of attaining the state of yoga. From the simplest and beginning to the highest levels of meditation in yoga, awareness and relaxation are the two important and indispensable qualities to be learned and nurtured for expansion of consciousness and higher flights into one's own personal evolution as a human being.

Meditation Practices and Stress Management

There are several stages to meditation and the meditation training in yoga starts with **pratyahara** or sense withdrawal, and goes on to the stages of **dharana** (concentration), **dhyana** (meditation in the traditional sense), and **samadhi**.

Pratyahara practices such as **Brahmari pranayama, japa** i.e. mantra repetition meditation **and ajapa japa**, as well as **antar mouna** and **yoga nidra** for example, deal with stress at the level of the sense organs where the mind is directly being subjected to/bombarded with myriads of external stimuli, i.e. distractions from the outside world.

Dharana or concentration practices such as **tratak** (one-pointed relaxed gazing) e.g. automatically provide conditions for the mind to become naturally focused in a relaxed way and ideally effortlessly slip into meditation, when it becomes fully absorbed in the object for concentration. The practice of dharana is essential in the removal of the root causes of stress embedded in the mind. Mental equilibrium, clarity and accuracy get restored. *Dharana is the most direct and most effective way to control stress levels.* Trataka for example has great therapeutic applications in treating insomnia and such.

Dyana or meditation is a state of unbroken awareness and an experience of merging of the meditator's awareness with the object of their meditation; this strictly technically speaking in yogic terms.

Samadhi is the climax of meditation (**dhyana**) at which stage one is not only free from all stress, but has transcended to a state beyond, and depending on the type of samadhi experienced one comes out as permanently transformed, i.e. renewed or a new person.

Yoga and Meditation Physiology of Restoring and Maintaining Health

The following are some of the changes that take place during true meditation:

- slowing down of metabolism
- sharp reduction in oxygen consumption and carbon dioxide output because of slower respiration rates
- lowering of blood pressure
- slower heart rate
- blood flow increases during meditation
- reduced lactate production
- sympathetic nervous system and adrenalin production balancing
- activation and functioning of the relaxation giving septal region of the limbic system in the brain
- mood stabilization

Field results and testimonials

A typical response I get at the end of every yoga and meditation class, yoga therapy session, workshop and retreat I teach is that people feel completely relaxed. That way I know that both the student and I have done our work well.

I would like to invite you to sign up for classes and experience the same. Why wait?
OM Peace