



Meditation for Your Type

with Lily Sibley, E-500 RYT

Ocean Spirit Yoga

To be held at the Portsmouth Public Library

Free 8 - week session

Sundays – 1:30-2:30 PM

To register please call Lily @ 603-231-9757

or email: lily@oceanspurityyoga.com

Do you understand why it may be difficult to stick with a regular practice of meditation? For many, meditation remains an allusive mystery. During these 8 sessions you will learn what you may not know about meditation. Each of us brings to a practice of meditation our own personality; based upon our individual nature there is a "style" of meditation best suited to us. During these 8 sessions we will learn about six specific types of meditation, explore the blocks that may keep us from a regular meditation practice, and find positive ways to establish a way of being in stillness that works best for you.

Fall ushers in the natural rhythm of the "yin" season, a time to get quieter, to move with the pulse of the earth cycles, and to begin, or begin again, a practice of meditation.

Although life sometimes shifts us in directions that are unexpected and with allowance for the unknown, I request that in order to establish a practice that works best and most consistently for you that you set your intention of attending all of the 8 sessions. Each session will build upon the previous sessions. No meditation experience is necessary; any level of curiosity is acceptable!

Lily Sibley, owner of Ocean Spirit Yoga, 16 Market Square, Portsmouth is an experienced teacher of yoga and meditation. Please visit www.oceanspurityyoga.com for more information.