

# Paul Filippi

## Meditation Basics 101

**4 Thursdays: April 5, 12, 19, 26**  
**7 - 8:15 pm**

**\$60** paid by 4 p.m. on Thursday, March 29;  
\$75 thereafter

Expand your yoga practice with this 4-week exploration of the basics of meditation, one of the eight limbs of yoga.

Discover the benefits of meditation: reduce stress, increase happiness, improve concentration, reduce anxiety and lower blood pressure. Each session will cover:

- centering and breath observation
- seated breath awareness
- use of mantra
- Zen-style meditation techniques
- meditation in savasana

We'll also explore how to develop your own home meditation practice and how to apply meditation throughout your day. Time will be allocated for discussion and questions.



**Paul Filippi** has more than 7 years of experience in the meditative and esoteric arts. He is certified as a 200 hour yoga teacher through Prairie Yoga. Through the journey through different phases and stages in his life, Paul sought to find a way of living that would bring him to an authentic state of peace and balance. An interest in the varied forms of meditation led to dedicated practice. His intention now is to share the methods that have deeply improved his life a whole, learn more along the way, and have a grand ol' time in the process!

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## Meditation Basics 101

### DATE

**4 Thursdays: April 5, 12, 19, 26**  
**7 - 8:15 pm**

### FEE

**\$60** paid by 4 p.m. on Thursday, March 29; \$75 thereafter

### STUDENT INFORMATION

Name:

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Address:

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City/State/Zip:

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Phone:

Email:

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### PAYMENT

We encourage you to pre-register. Space is limited, so registering early holds your spot and qualifies you for the discount price. Classes will be cancelled due to low enrollment. Registering by the early discount deadline helps ensure that the class will be held. Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$60 paid by 4 p.m. on Thursday, March 29, 2012**

\_\_\_\_\_ \$75 thereafter

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 4% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

**Cancellations:** We reserve the right to cancel an event due to low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 4% credit card transaction fee).



**PRAIRIE YOGA**

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