

REGULAR MONDAY EVENING MEDITATION SESSIONS

with Jonathan Clark at The Goose Green Clinic SE22



The sessions will explore some of the main forms of meditation from the Buddhist Tradition; using techniques that lead to a happier more fulfilled life with greater understanding of oneself and the world.

Coming home to the body. Focussing on **mindfulness** practice and grounding the experience of meditation in momentary physical sensations of the body, developing calm and clarity and drawing on the body's natural capacity for healing and wisdom.

Opening the heart. Working with the meditation of **loving-kindness** to bring kindly awareness into the emotions, releasing tensions, opening the heart and discovering a deep capacity for love and compassion.

Exploring awareness. Working with the practice of **mindfulness** to explore the natural qualities of the mind: the openness, clarity and sensitivity that make up the mysterious nature of awareness itself.

Working with obstacles. Looking at the most common obstacles to meditation and learning creative ways to work with unhelpful habits that prevent us from being fully present. Setting up a regular meditation practice and learning how to integrate practice into daily lives.

Jonathan Clark (Suddhaka) has been practising Buddhist meditation since 1992, working with teachers from the Indian and Tibetan traditions. He was ordained into the Western Buddhist Order in 2001 and has been teaching meditation at Buddhist Centres in London and India since 1998. He has also been running Mindfulness Courses in London since 2010.

Suitable for all level of experience. £12 per session drop-in or £42 for a block of 4

Email Janet: jevans238@hotmail.co.uk for more info or to book a place