

Sunday Morning Meditation

with Robert Lindner

8:30 - 10AM



Evolution Through Challenge

We improve at any endeavor through challenge and adaptation. This truth also applies to meditation practices that raise inner awareness and cultivate our spirit senses.

In Elastic Force Meditation, progressive meditation exercises stretch our capacity to experience, observe and explore fields of consciousness.

Sitting meditation: We begin by feeling energy (life force) between our palms while sitting. From here we explore a variety of energetic frequencies and cultivate awareness skills.

Standing: Through standing practices we subject ourselves to the demands of gravity and balance and are able to amplify our connection to life force.



Moving: We further our awareness through movement while maintaining a focus on energy fields.

Partner work: External assistance verifies our proprioception, allows for constructive feedback, and identifies strengths and weaknesses.

Sample Class Structure

- 10 -15 min. Light loosening qigong movements
- 20 min. Theme meditation such as: vibrational scale, taking ownership of your energy field, releasing static, clearing blockages
- 20 min. Sharing and discussion of experiences and methods
- 20 min. Self-directed practice
- 10-15 min. Group meditation focus in service of (peace, healing, enlightenment)

Suggested \$10 - \$20 per class **Contact Bob at 413-387-7776 or tuninginqigong@gmail.com**



At InBody Movement & Healing Arts
Tibetan Plaza, 265 Greenfield Rd (5 & 10), S. Deerfield, MA
www.inbodyarts.com and Tuning In Qigong on Facebook