



# The Art of Meditation

## The Inner Bridge of Relationships

Thursday Evenings with Allison Ulan  
Nov. 26 - Dec. 17, 2009 7:30 to 8:30 pm

**Allison Ulan** has been practicing and studying yoga and meditation since 1988. She started training in Edmonton with Iyengar yoga and Vipassana meditation together under the tutelage of Joseph Rempel. Her meditation studies led her to 4 vipassana retreats and 3 study travels in Dharamshala India, with the Dalai Lama, Khenpo Tsultrim Rinpoche and Dzogchen Rinpoche. She centers her meditation on Lovingkindness techniques of Metta.

The art of meditation brings us closer to ourselves, others, and our experience of the world by introducing us to the open mind that resides in all of us. This aspect of the mind is always listening and aware. It is the part of us that is not affected by our “ups and downs”. All the techniques of yoga and other contemplative practices are designed to access this radiant mind-state for health, well-being, and ultimately, self-knowledge.

In this workshop series, the progressive meditation practices of calm abiding, walking meditation and insight meditation will be presented and practiced in a group setting to support our exploration of how we can remain aware of and present to whatever arises. In the long-term, meditation can offer a deeper relationship with ourselves, a more sensitive relationship with our loved ones, and a more compassionate relationship with the world around us.

4-Week Session: \$40

Drop-in to one session: \$12.50

(All are welcome, we also offer pay-by-donation)

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