



The Art of Meditation

The Seven Factors of Awakening with Allison Ulan

Tuesdays, April 6th, 13th, 20th and 27th, 2010 7:30 - 8:30pm
Investment: \$10 per course or by donation

Allison Ulan has been studying and practicing Yoga and Meditation since 1988. Her introduction was with Joseph Rempel in Iyengar Yoga. Fascinated with the positive effects of body/mind therapies, she went on to study Body-Mind Centering with Bonnie Bainbridge Cohen, Advanced Yoga with Sri. K. Pattabhi Jois and Richard Freeman, Meditation in India and Tibet with several masters and continues her Vipassana studies with Christina Feldman and others at IMS. She centers her practices and teaching in Metta (Loving-Kindness) and as an eco-activist, she is interested in presenting mind approaches that empower us to respect our planet Earth in thought and action.

The art of meditation brings us closer to ourselves, others, and our inner 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 contemplative practices are designed to access this radiant mind-state for health, well-being, and ultimately, self-knowledge.

In this meditation course, a step-by-step approach to meditation will be presented studying the seven factors of awakening which are mindfulness, investigation of the dhammas, energy, joy, tranquility, concentration and equanimity. When these factors are nurtured, they become attitudes which support ease, humour and clarity.

This workshop is appropriate for anyone new to meditation or to those who would like a better understanding of the foundations of meditation practice.

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