

靜坐中心



Meditation and Yoga Philosophy

Introduction

Meditation is an exploration of the soul; a sustained effort to realize the essence of your existence; the core of your being. It is a journey of self-discovery which takes us far beyond our everyday awareness... into the realm of the mystical. It is the quest for self-knowledge; the transcendence of your self into the Self of all things, and the realization that all is One. This is what is known as Self-Realization.



The Meditation Centre presents *Meditation and Yoga Philosophy*, an 8-week course introducing meditation and yoga as a way of life which, if practiced sincerely, can give you:

- Physical health and vitality
- Stress relief
- Increased memory, concentration and clarity of mind
- Self-confidence and awareness
- Creative insight
- Inner peace and happiness

Course Outline

Class 1: Mind, Psychology and Meditation

In this first class we will explore our deepest desires, find out about the inherent psychology of the human mind, and learn an introductory meditation technique based on sound psychological principles.

Class 2: What is Yoga?

Yoga is a whole lifestyle which includes many different physical techniques such as yoga postures, massage, deep relaxation and other yogic exercises. We learn the basics of these techniques in this class, followed by music and meditation.

Class 3: Guidelines for Meditation

Helpful tips for optimizing your meditation, a yogic dance exercise you won't find anywhere else in town, and more music and meditation!

Class 4: Meditation Ethics

In this class we take a look at how instilling sound ethical principles in your life can pave the way to inner contentedness and good meditation. Also, how to refresh yourself for optimum concentration, and more music and meditation!

Class 5: Food for Consciousness

Food's effect on the mind is ancient – but nowadays largely neglected – knowledge. By selecting foods which are good for the body *and* the mind, we can cultivate physical health, relaxation and mental peace within ourselves.

Class 6: The Layers of the Mind

Here we explore the realms of the mind, diving deep and delving into layers we are not normally aware of. How does meditation relate to these layers and how can we use our knowledge of them to develop, evolve and expand our minds?

Class 7: Life, Death and Reincarnation

One's perspective on these weighty subjects is instrumental in fostering an optimistic outlook. We look at how, according to yogic philosophy, everything ties in to engender a positive worldview and inspired attitude to life... and death.

Class 8: Who Am I? / Is There Anyone Out There?

Are we alone in our search or is there a higher power – some kind of cosmic intelligence – guiding us? In this final class we will explore some of the more controversial – but ultimately rewarding – questions related to one's life search.

The Teachers

Dada Gunamuktananda attended the University of Otago School of Medicine in New Zealand for five years before training in meditation, yoga and natural health sciences in Australia, the Philippines and India. He has been a qualified meditation teacher of Ananda Marga (www.anandamarga.org) since 1995, and has lectured and taught in New Zealand, Australia, Greece, Malta, Albania, Croatia, Bosnia, Cyprus, Syria, Lebanon, UK, Russia, China, Taiwan, Hong Kong and Macau.

Lalana Ung (BBA *OUHK*; MSc *NUI*; MBuddhStud *HK*) was brought up in a traditional Chinese family in Malaysia. After completing her college studies and gaining some work experience in both the business and tertiary fields, she moved to Hong Kong.

The new Hong Kong lifestyle led her to search for a practice that would balance her hectic outer activities with inner peace. Her search brought her to meditation and yoga and this has stood her in good stead to the extent that she not only experiences the benefits of yoga and meditation in her daily life but also regularly shares her calm and inspiration with others as a yoga and meditation teacher.

She has taught in various private clubs, yoga centres, and at the University of Hong Kong. Her style of teaching aims at bringing a sense of balance to the busy lifestyle encountered by so many people; this accomplished through yoga asanas, breath-awareness, mindful moves and ultimately through meditation.

Sasha Lyapina (PhD Mathematics, *University of Notre Dame, USA*) was brought up in the Ukraine. Yoga and the meditative spirit were instilled in her while growing up as part of her daily family life, and when she later left the Ukraine to study abroad she inherently realized the importance of a deep meditative practice in giving her a sense of connectedness to all people of the world. Indeed, the practice of yoga and meditation were instrumental in maintaining her physical, mental and spiritual health during her graduate school years. Currently Sasha is a postdoctoral research associate at the University of Hong Kong and daily meditation continues to be a great source of inspiration for her.

Tel: (+852) 9031 2699 info@meditationcentre.hk www.meditationcentre.hk



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