

Meditation - Level 1

Becky Giles - Prairie Roots Yoga



Thursdays

March 4, 11, 18, & 25

5:00 - 7:00 MST

Online or via Recording

After completion of the course and homework, you will receive a Certificate in Meditation - Level 1.

Meditation....Because not all questions can be answered by Google.

Exploring the path of meditation is an opportunity available to everyone, but it helps to have a little guidance along the way. In this course, you will learn different styles of meditation, the science behind meditation, and the basics of leading others through meditation. This course will assist you in developing or deepening your own Meditation practice, as well as giving you more confidence to share the practice with others.

Meditation has undeniable and scientifically proven health benefits including:

- *Improved memory and focus
- *Better sleep
- *Improved mood
- *Reduced anxiety and depression
- *Improved immunity and resiliency to stress
- *And much more!

Whether you are a Wellness Professional wishing to expand your offerings, a Yoga Instructor, or a Meditation enthusiast seeking to deepen your personal practice, you've come to the right place! This course will give you the tools to incorporate meditation into your life, your way.

Becky Giles has over 500 hours of training in Yoga & Meditation. She believes meditation is a great way to bring some peace and calm to our busy lives. Becky's goal is to ensure Yoga & Meditation are accessible to everyone, at every age, so you can reap the many benefits in your life.

