



A Meditation Learning Experience at Yoga Lola Studios



Can you teach me how to meditate?

Yes, we can. With some basic instruction, and a few simple tools, you, too, can learn to calm the mind and find some peace. Before starting to meditate, though, it is crucial to have a basic understanding of what meditation is, the best way to approach it, how to develop your practice, how the body and mind react to meditation, and the kind of environment you need in order to really make it work. Aided by this knowledge, in no time at all you too will enjoy the marvelous benefits of meditation!

[Science Proves the Benefits of Meditation](#)

A Meditation Learning Experience

Join us at Yoga Lola Studios to learn some of the basics about how to meditate. This learning experience will give you what you need to get started and share with you the tools and techniques to help you implement a daily meditation practice to manage stress, decrease anxiety, improve your mood, and enhance the quality of your life!

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Dates for this event are posted on our website at <http://yogalola.com/workshops.htm>



Lola Says ...

As a long-time meditator, I have studied many different kinds of techniques from active meditation, to stillness meditation, to everything in-between. I have been blessed to learn the art and science of it all from true masters of the field. The benefits that regular meditation bring are too long to list, but from personal perspective, here are my top three: I am more positive, have more energy, and am calmer than I have ever been. As a teacher, I have seen students' lives transformed through the simple act of taking 10 minutes a day to sit and breathe -- to just be. I know that when we find that place in our selves where the little voice of who we really are can be heard, we are changed in a way that touches our whole world, making us steadier friends, parents, partners, and people. Sat Nam. Lola

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This class is eligible for credit towards Yoga Lola's 2014-2015 Teacher's Training Certificate Hours.