

'Meditation Workshop'

with **Katie Milano**, DPT, RYT

In this Workshop we will practice several different types of meditation. We will discuss strategies for overcoming challenges to meditation.

presented by
Yoga Center of Carmel
Saturday, February 25
1:00-3:30pm

Early registration \$35, at door \$40,
Teacher Training Students \$30

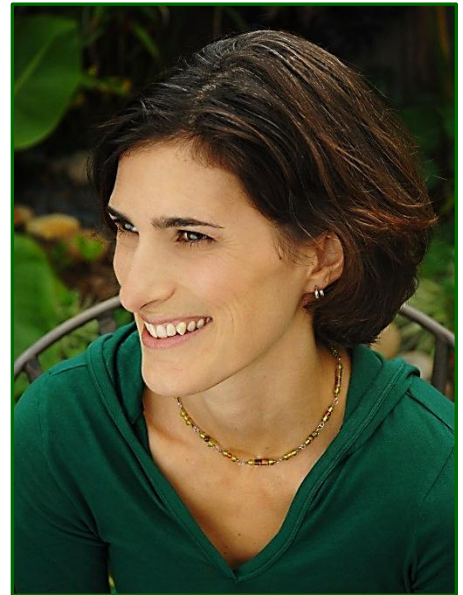
Meditation is scientifically being proven to be an essential part of our health and well-being. Yet we continue to struggle with difficulties such as:

"Can't sit still", "too distracted", "too anxious", "not enough time", "fall asleep", "not good at it"... if you have heard yourself make any of these statements, then come sit in sat sung and consider together how to move past the challenges and step into the vastness of pure consciousness.

Learn tools to help bring your mind and heart into the present moment. Learn techniques to create and focus your true intention. Learn to receive what you need to open yourself.

Leave with solid tools and inspiration to start a meditation practice or to dive more deeply into your current practice.

Katie Milano, RYT, DPT, is a well-known Orthopedic Physical Therapist and Yoga Instructor on the Monterey Peninsula. She merges western science and eastern understanding of body, mind, and soul. Katie received her Doctorate of Physical Therapy in 2001 from Pacific University and began practicing and studying hatha yoga and meditation in 1992, becoming a certified yoga instructor six years later at Ananda. She went on to receive an advanced certification from Diane Wilson, a Kundalini and Sivananda based teacher in Portland. Prior to teaching yoga, Katie taught gymnastics to elite and recreational gymnasts for 9 years and competed for eight. Overall, Katie brings 18 years of teaching experience to her yoga classes, moving fluidly from one asana to another with core strength and alignment, integrating pranayama (breath control) and yoga philosophy throughout each class. Katie's compassionate yet challenging style draws each individual into the wisdom of their own body and the experience of yoga and an open Mind!



Please complete this form and return it with your check to:

YOGA CENTER OF CARMEL – "Meditation Workshop" P.O. Box 1413 Carmel, CA 93921

Name: _____

Phone: _____ Email Address _____

Attending: Saturday, February 25, 1:00-3:30pm ___\$35 early register, \$40 at door, ___\$30 TT students

www.yogacentercarmel.org email: yogacarmel@aol.com phone 831-624-4949

YOGA CENTER OF CARMEL 10th between San Carlos and Mission, Carmel-by-the-Sea