

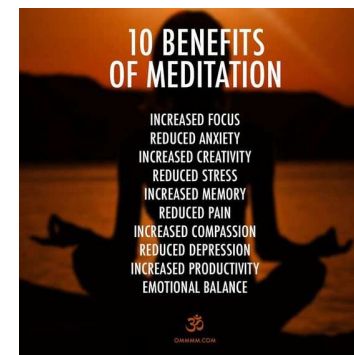


Imagine if you no longer experienced the higher levels of anxiety and worry that plague you sometimes. Imagine being able to go to bed at night, have a deep, rejuvenating sleep and waking up refreshed, energised and rested. Imagine your mind no longer feels fuzzy or cloudy, and instead being focused, sharp and clear. Imagine having a sense of calm and well-being every day, where you feel confident in your ability to handle anything life throws your way.

All this, and so much more, is yours once you learn to meditate consistently for 20 minutes a day. The research is endless on the positive effects of meditation, so why don't more of us do it? "I don't know how, I'm not sure I'm doing it right, I don't have the time, my mind is too busy", blah blah blah ...

Excuses be gone! With a little training and guidance most people can start a lifelong journey to deep inner peace, insight, enhanced creativity and real fulfilment.

Why Meditate? *The modern, scientific world is finally waking up to the incredible benefits of meditation as one study after another reveals what has been known for centuries by eastern philosophies and practices.*



Meditating regularly improves focus, lessens stress, enhances memory and can lead to positive emotions and longer lasting emotional stability during daily life. It has also been shown to diminish age-related effects on grey matter and reduce the decline of our cognitive functioning.

Studies also show that people who meditate regularly are healthier, more effective and happier than people who don't meditate. Knowing this, to Meditate or not to Meditate should never be the question. "The Joy of Meditation" course will introduce you to an ancient and well researched meditation technique, where you'll learn how to focus, how to centre yourself and connect to deep relaxation and peace.

"Meditation is not just for relaxation; it's primary purpose is to develop the capacity to respond skilfully and gracefully to life's difficulties as well as it's joys."

Meditation Course Details:

Week 1: *The adventure begins*

Week 2: *Possible challenges*

Week 3: *Positive Signs*

Week 4: *Taking flight*

Date: As soon as you are ready to commit to a daily practice and 4 meditation sessions with Wynand in 4 consecutive weeks.

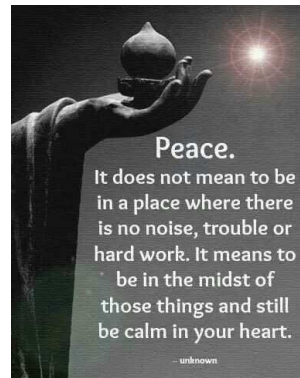
Time: Have a look at the regular class schedule, let's talk and figure it out!

Venue: Joy Yoga Centre 51 Anso St. Montana, Pta.

Investment: 4 x 30 minute sessions = R800

If you are ready to begin this journey, then please speak to Wynand to book your spot. Over the course of **4 consecutive weeks** you will be inspired to get meditating consistently and powerfully.

"Meditation is not a way of making your mind quiet. It's a way of entering into the quiet that's already there – buried under the 50,000 thoughts the average person thinks every day."



Wynand's experience as a meditation practitioner:

- 9 Days Live as a Monk Retreat @ Nanhua Temple 2005
- Multiple 7-day silent meditation retreats @ Nanhua Temple between 2006 – 2013
- Yoga Teachers Training Course that included 28 days of intensive Yoga and Meditation training @ Si-vananda Ashram Neyyer Dam, Kerala India 2008
- 10 Day silent Vipassana retreat @ Dhamma Pataka Worcester 2015
- Consistent and dedicated meditation practice (Ānāpānasati & Vipassana) since 2005 till present



"It would be a great honour and privilege for me to be able to share with you what I have learned over the years, and guide you on what could be a life changing and lifelong adventure." Wynand

"Meditation is an adventure, an adventure into the unknown, the greatest adventure the human mind can take. Meditation is just to be, not doing anything – no action, no thought, no emotion. You just are and it is a sheer delight. From where does this delight come when you are not doing anything? It comes from nowhere, or it comes from everywhere. It is uncaused, because existence is made of the stuff called joy."