

# Formal Meditation Instruction & Course at Involution Yoga with Joyce Kendall

## Authorized Teacher of Neelakantha Meditation

Neelakantha Meditation, as taught in Blue Throat Yoga, is best known for its effortless natural approach. Those who have struggled to meditate in the past find this practice surprisingly easy and profoundly effective. Formal personal instruction is the basis for a practice that is easy, natural and supportive of a lifetime of deep meditation.



**Highlights of Practice:** Daily meditation enhances life in a variety of ways; we become more capable of living a full complete meaningful life, discovering our innate creativity and intelligence, of meeting life's challenges and discovering the depth of our own inner landscape.

## A Foundational 18 month Course for a Lifetime of Natural Deep Meditation

### Course Includes:

- Two day course with personalized formal initiation
- Live Meditation Practice teleseminars with Q&A
- Extensive on-line library of pre-recorded talks
- Translation & commentary of Kashmir Shaiva texts
- Instruction in support practices and japa mantras
- Answer to questions via email & live teleseminars
- Opportunity to attend Vibrating Silence Retreats\*
- No Cost attendance at day two of any Neelakantha initiation to refresh your understanding\*\*



\* After 3 months

\*\* Pre-register to audit

### Your course begins with 2 days of Instruction:

Formal personal Initiation, Q&A, time for practice and review; after which you have all you need to be self-sufficient; the remainder of your course is easily accessed in the comfort of your own home through live teleseminars and an extensive online library of materials, provided by Blue Throat Yoga.

#### Saturday Sept 16<sup>th</sup> 11:00am -TBD

**Day 1** – Introduction to the practice, Individual Formal Instruction (Initiation) & Practice

#### Sunday Sept 17<sup>th</sup> 10:00am-12pm

**Day 2** – In depth review of the theory and practice, creating your home practice, Group Practice, Q&A

This transformative practice fits into and is completely supportive of modern life; no prior skill or belief is needed, it is highly accessible to all. The process is natural; we sit close our eyes and effortlessly locate the core of our being, our highest freedom.

Joyce studied with Paul Muller-Ortega, international meditation scholar, for eight years prior to being authorized to offer initiation into this powerful life enhancing practice. Joyce first explored meditation through her personal yoga practice; became an expert yoga instructor and discovered her most profound skills lie in sharing the benefits of yoga and meditation with others. But it was not until she herself was initiated in Neelakantha Meditation that she found a profoundly life changing practice. Since 2008 Joyce has steeped deeply in daily practice and dedicated study of the Kashmir Shaivite Svatantra tradition becoming one of the first Authorized Instructors of Neelakantha Meditation and is excited and honored to share the profound benefits she has experienced with others.

**Registration & Location:** Involution Yoga 1632 Savannah Rd. **Contact:** joyce@earthheartpathways.com

**Course Tuition:** \$450 / **Student** 18-26yr \$360 / **Over 86yrs.** \$0 **Questions:** 603-581-8707