

Gaia Angelicus

"A tranquil oasis restoring harmony and balance to stressful lives;
generating vitality and well-being of mind, body and spirit."

INTERMEDIATE MEDITATION ONGOING COURSE

Meditation is an excellent way to combat stress related disorders, including anxiety, panic attacks, tension and depression. It is not intended to replace conventional treatments for these conditions, but rather to complement them. When you have completed the 12 hour Beginner's Meditation Course it is important that you continue to meditate regularly and learn new meditation techniques which will enable you to take your experience in meditation much further. The Intermediate course is designed to do this and to allow time for your own spiritual development at a pace that is right for you. This is an ongoing course, which you can opt into or out of to suit your needs. However, I do ask you to commit to four months at a time; this is to enable me to plan the course around your requirements.

We will cover:

Further techniques for: Grounding, Balance, Focusing the mind, Physical Relaxation. How to 'link' to others in meditation.

Theory: Further insight on How & Why meditation is so effective. Expansion of the theory of Mind, Time & Space. How to use your meditation to problem solve, effectively combat pain and stress at a sub (or super) conscious level, and to become more efficient and peaceful. Why we need to learn to 'be' rather than 'do'. The value & purpose of 'linking' in meditation.

The Intermediate Meditation Pack includes: Written instructions for the techniques used & handouts relevant to, each month. Between sessions you may be asked to find time for short practice sessions.

The cost is £20, per month, I ask you to pay for 4 months in advance, deposit with registration £40, balance of £40 payable at first session.

- Ongoing programme: 3 hours once monthly.
- Saturday sessions 10am – 1pm begins Sat 17th Jan 2009
- Weekday sessions 10.30am – 1.30pm begins Tues 20th Jan 2009

Please register me for the Intermediate Meditation course on.

Start Date: *Saturday 17th January 2009 4 x 3 hour sessions (10am – 1pm) Subsequent dates to be advised.

*Tuesday 20th January 2009 4 x 3 hour sessions (10.30am – 1.30pm) Subsequent dates to be advised.

(*delete as appropriate)

Numbers are limited. & the course is taught by a fully qualified and experienced Meditation Teacher.

Please return this form with your deposit to 1 Elm Place, Wardwell Lane, Lower Halstow Sittingbourne Kent ME9 7ER as soon as possible to confirm your place. (chqs payable to J Ransley please)

Name:

Address:

Post Code;

Telephone Number:

Email:

INTERMEDIATE MEDITATION COURSE

Health & Safety Questionnaire

NOTE YOU ONLY NEED TO COMPLETE THIS IF THERE HAVE BEEN ANY CHANGES SINCE YOU DID THE BEGINNERS COURSE.

For Health & Safety purposes please complete this health questionnaire, the information provided will be held securely and not divulged to any third party without your prior consent. This information is required in order to ensure your well being, on occasions meditation can cause people to become light headed, it is important for your Tutor to be aware of any underlying conditions or medication which might give similar symptoms.

If you have any queries please get in touch before the course begins.

Name: _____ Tel No: _____
Address: _____

Do you or have you suffered from any of the following:

Diabetes:	Y/N
Epilepsy:	Y/N
Thrombosis/Embolism:	Y/N
MS:	Y/N
ME:	Y/N
Asthma:	Y/N
Circulatory Disorder	Y/N
Heart Condition	Y/N
Depression/Stress	Y/N

If you have answered Yes to any of the above are you on any medication? Y/N
If Yes please list here:

Do you carry any medication with you for emergency purposes? Y/N

Is your Blood Pressure: High Low Normal

If your blood pressure is not in the normal range, are you on medication for this? Y/N

In the event of your becoming unwell whilst on the premises would you like us to contact anyone on your behalf? Y/N

If yes please complete the following:

Next of Kin: Name _____ Tel: _____

GP: Name _____ Tel: _____

Do you have any other medical conditions we need to be aware of?
Thank you for supplying this information