

meditation

series - dates coming up: 2/27-3/2, 4/28-5/4, 6/4-6/8

Please arrive a few minutes prior, so we can start right at 7 am!

one week (mon-fri) 7-8 am \$50 *pre-registration required!*
sign up online or at the studio

We'll practice a different meditation each morning so you can vary your practice, try new things, explore a bit more & learn! Some of the meditations we'll cover in these series include:

- guided meditation
- sound meditation
- gazing meditation
- silent meditation
- transmission meditation
- moving meditation

Changing up your meditation from time to time can be a powerful way to reset your threshold of awareness and so make it easier to "hear" and to get what in fact you are tuning in to.

Those having a few minutes to hang out afterwards are free to spend 15 minute stretching and yogaing before leaving.



Todd Williamson is co-owner of Om Base Yoga and he teaches BLIS Yoga (Body Learning Integration System) .

BLIS Yoga is a blend of Laya (energy), Hatha (physical), Nada (sound), Bhakti (devotional) and Jnana (knowledge) Yoga, which focuses on learning to work with your body and to listen to your guidance.

Todd teaches **Blisyoga several days a week**, as well as the **Yin Yoga class on Wed at 7:15 pm & Fri at 6 pm**. He also offers a **Yoga Immersion** several times a year, as well as offers intuitive readings and healings on a private basis.



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