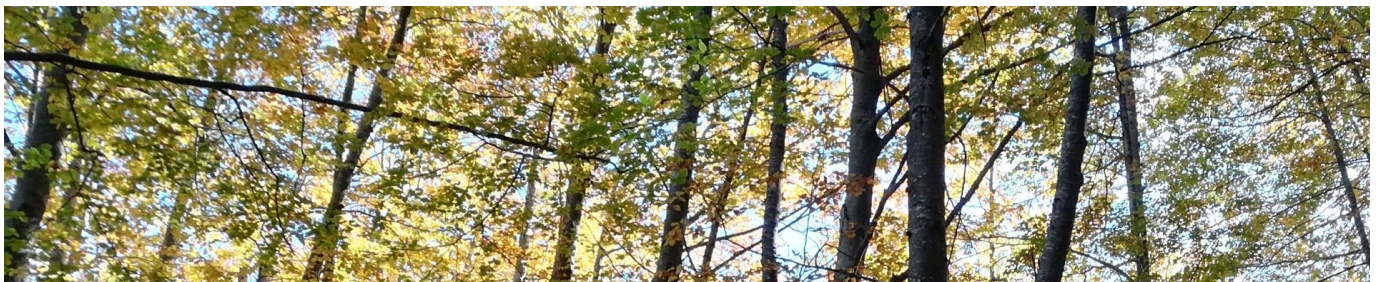


Essential Teachings Workshop, Online



Have you been meditating in the tradition taught by John Main for more than a year? Would you like to deepen your understanding of your meditation practice and be more confident when talking about it? An Essential Teaching Workshop online is a development from the Essential Teaching Weekend (Residential). Through a Zoom link, teachers in the community will offer talks, group discussion, practical exercises and shared meditation online, to help you build confidence to deepen your understanding and share the gift of meditation.

The style of each session is relaxed and informative, with opportunities for you to develop and contribute your personal style of communicating this tradition.



The sessions will be led by Julie Roberts and Mark Ball, on Zoom, on the following dates:

- Wednesday 25 September 2024, 7pm – 9pm
- Wednesday 2 October 2024, 7pm-9pm
- Wednesday 9 October 2024, 7pm – 9pm
- Wednesday 16 October 2024, 7pm-9pm
- Wednesday 23 October 2024, 7pm-9pm
- Wednesday 30 October 2024, 7pm-9pm

You will need to attend all sessions

The cost per person for this event is £30

For an application form, or for more information, contact Ailsa Adamson:

E: ailsa.adamson@gmail.com M: 07846476545