

Intermediate Meditation

Meditation instructor: Piya Tan



Now I can meditate longer.

**Your meditation practice can be *interesting* and *joyful*.
Find out how by signing up for this course now!**

What is Intermediate Meditation?

- a follow-up to the Beginners' Meditation Course
- you will learn many helping meditations methods (see course contents below)
- you will be able to sit longer at your own pace, with flexible breaks
- you will be able to work out a meditation strategy that helps you to refine your practice
- it gives you more variety in your practice to make it interesting and joyful
- it prepares you for longer retreats in due course

Intermediate Meditation Course

Intake 23: 11 & 18 Jul 2014 (Fri; 7.30 – 9.30 pm)

Intake 24: 6 & 13 Sep 2014 (Sat; 7.00 – 9.00 pm)

Instructor: Piya Tan

Course fee: \$100.00

Venue: The Minding Centre

Call Ratna now at **8211 0879**, or email:
themindingcentre@gmail.com or go online at
<http://themindingcentre.org> to register.

COURSE CONTENTS:

1. Breath meditation (further)
2. Lovingkindness with the elements
3. Focuses of mindfulness
4. The four-element meditation
5. Body meditation with the elements
6. Walking meditation
7. Perception of space & of light
8. Meditation on feelings



COURSE INSTRUCTOR: PIYA TAN

- meditation therapist; 65 years old; a monk for 20 years
- has taught meditation for over 30 years
- has taught at the Univ of California @ Berkeley, Defence Science Organization, GMO, SIA, HP, Hitachi, JPMorgan, BP, etc
- mentor and meditation instructor to various executives and individuals
- referrals from doctors, social workers, etc
- now translating and teaching early Indian texts on meditation and psychology.

Wiki Piya: http://en.wikipedia.org/wiki/Piya_Tan

The Minding Centre

170 Upper Bukit Timah Road, #11-04 Bukit Timah Shopping Centre, Singapore 588179

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