

YOGADHARMA

HOW and WHY TO MEDITATE

with Will Mead & Amy Cronise-Mead MFA, ERYT-500

FEBRUARY 24, 2012



ONYX MIND BODY

45 Mountain Blvd, Warren, NJ – 908.834.8064

Register online at www.onyxmindbody.com

We are pleased to announce
YOGADHARMA 300 hour IMMERSION and TEACHER TRAINING
at ONYX MIND BODY | SEPTEMBER 2012 – MAY 2013

HOW and WHY TO MEDITATE

with Will Mead & Amy Cronise-Mead MFA, ERYT-500

FEBRUARY 24, 2012

6:30 – 9:00 pm

An intro to the basics of meditation,
how to practice the preliminaries,
and to the concept of emptiness.
Asana to prepare the inner and outer
body for seated practice.

FEE: Onyx Mind Body class plus \$20

For centuries, Wise Ones have taught that a path to ultimate happiness requires immersing ourselves in both the study and practice of yoga. YOGADHARMA is the practice of these two wings in equal measure, within a pure lineage with roots back to the yogi Master Naropa and the Lord Buddha himself. In all YOGADHARMA trainings, our aims are a.) to use these two wings to move into our full potential; and b.) to develop a bodhisattvic world-view, so that we can be of highest service to other beings and find ultimate happiness. This path is perfectly called "the blissful path to bliss."

Amy and Will are the Founders and Directors of YOGADHARMA. Long-time students of Geshe Michael Roach and Lama Christie McNally, they are committed to teaching a yoga that cultivates kindness, wisdom, and ultimate happiness. Amy and Will live with their four children in Bucks County, PA.

YOGADHARMA

Choose the path to bliss!

WWW.THEPATHTOBLISS.COM