

The meditation course will start with a 5 minute interactive session with the students to know as to what are their expectations from the meditation. This will be followed by a description of our subtle system, different energy centers within us and how it can help us identify our problems and how we can remove our problems.

Next will be two meditation sessions first small and the second detailed one. After each session students will be asked to share their experience and we will try to explain it what it means in terms of their subtle system. We are expecting that students will be able to experience a peaceful meditation by the end of this class. If this does not happen we will try to figure out a reason behind it and give them some remedies to try at home.