

Learn Meditation & be Happy with Winston Cochrane
Thursdays, 1:30 – 3:30 in Wesley Memorial UC, Trites Room
6 weeks starting on Jan 21, 2010
Maximum 15

winstoncochrane@rogers.com

Storm Policy: No classes when schools are closed in Moncton

The course will involve daily meditations, chants & follow readings from "7 steps to being happy from the inside out."

Guidelines for classes. Explanation on each item, inquiry period, I guide each segment of meditation & we discuss how did it feel with a Q&A at the end.

As this is a first time course, i use books for reference, so some things will come from there. i use cds & read from matter that i have experienced/collected over the years using participaction/lectures. Once again the goal of the course is to have the attendees learn to honor themselves & others, by being more loving, caring, more at peace, being gentle with themselves & respectful.

Week 1: intro to meditation discussion. intro to be happy - discussion

Week 2. meditation & chants- discussion. be happy for no reason

Week 3: more meditation (angel) - discussion. be happy

Week4. higher self meditation - discussion. be happy

Week 5. instructor choice meditation - discussion. be happy

Week 6. meditation & chants - discussion. be happy

Week 7 meditation & expansion - discussion. be happy

Week 8. peace meditation - discussion. be happy session

students will learn to honor themselves & others by being more loving, caring, more at peace, while being more gentle & respectful

Instructor Bio:

I was a member of the Canadian Forces for a number of years, worked with the Sgt -of-Arms in Victoria, BC., was small business owner in Lunenburg,NS & moved to Moncton where I retired. I became interested in spiritual things in 1995. I have a level 3 Reiki certificate, am certified as a spiritual alignment connection practioner and have certificates in basic, advanced, initive anatomy in theta healing as instructed by Vianna Stibal.

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tsccordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place.

Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!