

Foundation for Integrative Meditation
presents



Introduction to Meditation

Basic, clear, effective meditation instruction and guidance for those interested in developing or deepening their personal meditation practice.

A seven week course with Lee Lyon

In this seven week course, you will learn the skills and techniques which will enable you to establish an effective meditation practice.

Taught in a pragmatic, step by step sequence, this course is an artful and accessible approach to meditation which will appeal to both beginners and longtime practitioners.

February 24th / 7 weeks

Wednesdays 7:00pm - 8:30pm

**Spiritual Renewal Center,
Albuquerque**

\$225

About Lee Lyon

A former monk and musician, Lee has taught meditation to over 10,000 people worldwide. Over the past 30 years he has led hundreds of meditation retreats, developed many meditation courses and trained over 300 meditation teachers. Originally from Canada, he studied for many years in philosophy, psychology, and eastern meditation practices before developing an approach to teaching meditation uniquely adapted to westerners that many people find extremely effective. In 1999, he established the Foundation for Integrative Meditation in Santa Fe. A well loved teacher, Lee is known for his humor, warmth, and clarity.

To register, please send \$225 made out to Foundation for Integrative Meditation, 228-B East Cordova Rd. Santa Fe, NM 87505

Include your name, phone number, and email address for confirmation.

The course will be held at the Spiritual Renewal Center, 6400 Coors Blvd. NW, Albuquerque (877-4211).

INTEGRATIVE MEDITATION
Foundation