

The Foundation for Integrative Meditation Presents

Integrative Meditation

with Lee Lyon

May 1 & 2, 1-6pm

**amrita: a sanctuary for yoga
0110 SW Bancroft St
Portland**

Registration

**503-552-9642 (YOGA)
www.amritasanctuary.com
\$180**

Join renowned meditation teacher Lee Lyon for two days as we learn to integrate the different levels of the self - body, vitality, ordinary mind, intuitive mind, and bliss. A more awakened and fuller sense of self can be experienced when we understand the different levels of our consciousness and have skills to work with each. These meditations are inspired by the ancient meditation classic, the Vijnana Bhairava. In this workshop, Lee blends eastern teachings and practices with western psychological insights in a presentation that is certain to inspire students of consciousness.

Lee Lyon has taught over 10,000 people to meditate. He is the founder of Integrative Meditation, an approach to teaching meditation uniquely adapted to Westerners. Well known for his clarity, pragmatism and sense of humor, Lee lives in Santa Fe and works with groups and individuals around the country.

Integrative Meditation is a process; a body of teachings that works through a sequence of meditations and exercises that connect us with the very deepest pulse of life. With these practices, we learn to use even our most complex emotions as a gateway to true freedom.