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## Guided Meditation 1

**TITLE**

**RELEVANT SIG**

**FORMAT**

**Short English description**

**KEYWORDS**

**First-time presenter?**

**ABSTRACT**

Join Shawna for a dynamic meditation session where you'll sample a diverse mix of practices: from guided breathwork and visualizations, to mantras and music meditation. Whether you're brand new to meditation or a seasoned practitioner, this session welcomes everyone (no experience needed)! Feel free to arrive late or leave early; just slip in or out quietly to respect the peace for all. Come curious, bring a cushion or blanket or nothing, and discover what works best for you!

**Presenter:** CARROLL, Shawna M. (Capilano University)

**Session Classification:** B3- 110 & 111