



Contribution ID: 309

Type: **not specified**

Guided Meditation 2

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)