

Taming The Monkey Mind: Meditation Using The Body & Senses

Presented by: *Certified Yoga Therapist*
Tracy Flynn (C-IAYT)

Friday, December 10

7:30PM – 9:00PM

\$25 per person (\$30 door)

There are so many benefits to practicing meditation, like reducing stress, lowering blood pressure, promoting mental clarity, and connecting to our deep inner truth. Yet when we sit to meditate the chatty mind can consolidate its grip on our attention.

Using our senses can give us a readily accessible place to rest our attention, which in turn can help that monkey mind calm down, sometimes into stillness.

In this workshop we will cultivate sensory awareness as we practice yoga asana (postures), pranayama (long breathing), and meditation. The posture practice will be Basic level. Chairs and cushions will be available for seated practices.

Pre-register online:

<https://www.updogyoga.com/workshops/rochester-workshops>

Tracy has been practicing Yoga (which includes Asana, Pranayama and Meditation) for over 30 years and teaching for 20 years. She is also a Yoga Therapist at UpDog and at Doctors for Kids in Rochester Hills, helping individuals of any age improve wellness by increasing structural, emotional and mental balance.



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