

APR-MAY 2020 AT AGORA LISBOA

MEDITATION FOR BEGINNERS' MIND

**Meditations: Awareness
of body, breath, mind and kindness*

**pair & group exercises*

** simple tools for everyday's life*

With Luis Salamanca

4 week course with 2h workshops on Thursdays 18:30 - 20:30

Apr 16,23,30 & May 7

Course price: 70€

Bookings: luis.salamanca@gmail.com



Meditation is a direct method of changing the quality of our experience of life by bringing peace to the mind.

In an increasingly complex and busy world, with high-speed technology and tons of desires to satisfy and objectives to attain, more and more people are turning to meditation as a way of finding more inner peace, contentment and deeper satisfaction in their relationships

**YOU'VE MASTERED
THE SELFIE,
NOW 'MASTER THY SELF'**



The **benefits** of meditation include :

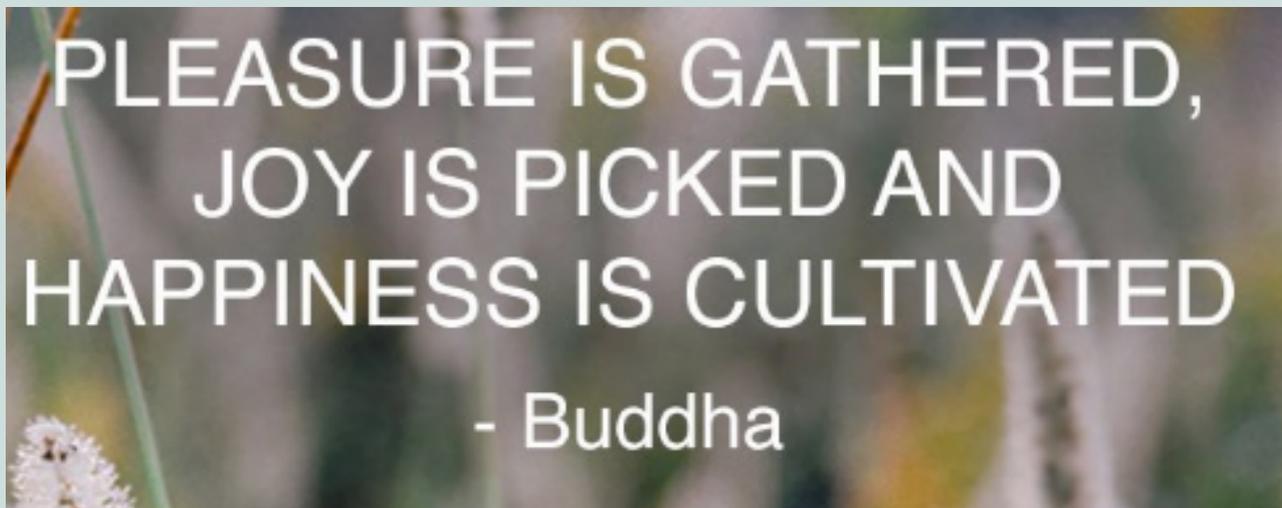
- Stress and anxiety reduction
- Emotional health improved
- Good quality of sleep
- Swift concentration of mind
- Greater appreciation of everyday life
- Open mind supporting a kinder attitude to life and others,
A serene looking face!, ...

Content of the course

This **four week** course includes an introduction to the fundamentals of meditation (mainly awareness of body and breath), and to good meditation posture.

Each **two-hour workshop** includes different types of meditations and pair and group exercises.

The overall objective of the workshops is to provide **practical tools that bring peace of mind and that may be incorporated in the everyday life** after the end of the course.



Meditation has a significant cumulative effect and so the benefits of the course are best incorporated when the students attend to all of the workshops. Nonetheless, students who may attend to at least three of the workshops (including the first one) are also welcome to join.

The teacher



Luis has been meditating for 16 years, after having discovered Zen Buddhism in Japan. He worked during 10 years for a French governmental organization in a performance and competition-oriented environment, and thus became very aware of the difficulties, challenges and stresses faced by office workers in the modern world.

Thanks to a not-for-profit solidarity organization Luis founded 13 years ago in Colombia, he has been able to cultivate on a daily basis the values of solidarity, generosity and patience.

He received his training as a meditation teacher from Dh.Vajracaksu (Triratna Buddhist Order) and teaches meditation at Agora (<http://agoralisboa.com/>).

His main influences are the Zen and Tibetan mindfulness traditions, although he is also greatly inspired by the Sufi tradition that he became familiar with while living in Turkey.

He enjoys creating a safe space in Agora where students can learn, share and create while encouraging each other with a sense of community.