

AT AGORA LISBOA

# 4 WEEK COURSE MEDITATION FOR BEGINNERS' MIND

2H WORKSHOP  
THU MARCH 30  
THU APRIL 6,13,20  
19:00 - 21:00

*with Luis Salamanca*

Price: 80€ (75 € Agora members)  
Discount for students & unemployed  
Book & info: [info@agora-lisboa.com](mailto:info@agora-lisboa.com)



# Content of the course

- Learn/review the foundations of meditation: good posture, awareness of body, breath/ how to deal with thoughts and emotions.
- Each workshop includes different types of meditations, pair and group exercises, as well as Daily Life Practices.
- 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.

***Bookings***



<https://forms.gle/TgH6BYnFXitBKgkF6>

