

MEDITATION SERIES

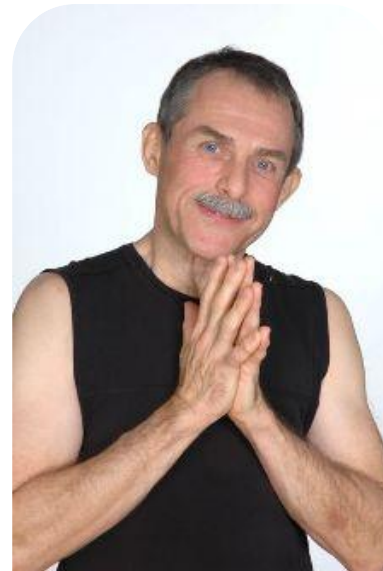
FREDDIE WYNDHAM

JANUARY 18-FEBRUARY 8 • WESTCHESTER
FRIDAYS • 7:30-8:30PM

While meditation is commonly referred to as a “practice”, in actuality meditation is not a practice but an experience in and of our pure consciousness or “being-ness”.

In this series of classes, we will learn and explore the practices of Pranayama, Kriya yoga, mantra and chanting to help us cultivate the ideal conditions for meditation to occur. We will sit for periods of both guided and quiet meditations throughout these practices.

Whether you are a novice or an expert at meditation, this series will introduce you to a unique experience, and help you deepen, refine, invigorate and inspire your meditation. In addition to the guidance and practices we’ll be learning, the group dynamic is also a wonderful boost for our meditation both in class and at home.



Freddie Wyndham is a 500-hour E-RYT and has been teaching yoga in the New York area since 2001. He received his initial 200-hour and subsequent 500-hour teacher training and certification in ISHTA Yoga at YogaWorks. Freddie is also a certified Yoga Tune-Up teacher and is a graduate of the Anatomy Studies for Yoga Teachers program at Zenyasa Yoga with Jason Brown. He is currently a senior teacher at YogaWorks and teaches classes throughout lower Westchester County and in New York City. Freddie is a Bhakti Yogi whose creative, challenging and flowing classes include a wonderful blend of imaginative sequencing and a journey into the heart.

\$25 SINGLE • \$75 SERIES

TO REGISTER VISIT
YOGAWORKS.COM OR
CALL 914.591.9642