

Free Introduction to Meditation Class

Open to all Downers Grove students in grades 5 – 8

Do you have a stressed-out child? There's a growing awareness that now more than ever kids have many potential stressors—peers, school, social media, and more. So many things demand their attention. But how do they cope? Meditation is not only good for focusing and relaxation, but a great tool for kids to destress and get away from their troubles for a little while. We'll teach simple techniques on how to regulate emotions, center our attention, and find a state of inner balance. It's easy to learn, and anyone can do it at any time—adults too, but most of the time we find that kids can enter this state of peace even more easily than adults!

Enroll now!

Friday, May 19
4:00 – 5:00 pm
Downers Grove Library
Room A (2nd floor)

Space is limited. Kids must attend with at least one parent or responsible adult. To sign up, please e-mail the attendee names to jennifer.talarico@gmail.com and you will get a response confirming your registration.

What will the class be like?

We'll keep it simple. For most of the class, we'll be alternating between easy instructions and short meditation practice sessions. Parents are encouraged to join along too!

We will:

- Briefly introduce the concepts and mechanics of Sahaja meditation
- Get ready to meditate by explaining what we'll be doing
- Experience a brief, guided, seated meditation together
- Demonstrate specific, quick, easy meditation techniques to decrease stress
- Encourage the kids to talk and share their individual meditation experiences





Who are we?

We are a dedicated group of daily Sahaja meditation practitioners who live in Downers Grove. Our kids go to Downers Grove schools. We're part of an international network of local volunteers who sincerely wish to share the beauty of meditation with others. Sahaja meditation classes and programs are conducted in nearly 100 countries all over the world, and are always free of charge. The founder, Shri Mataji Nirmala Devi, said that "truth cannot be sold, it cannot be purchased" -- it is just to be experienced and enjoyed.

