



VISHOKA MEDITATION®

Vishoka Meditation Course

Part 1: Foundations for Vishoka Meditation

Friday, November 5th

7:30pm - 9pm **Session 1:**
The Scope of Vishoka Meditation

Saturday, November 6th

10am - 12:30pm **Session 2:**
Cultivating Healthy Breathing

Session 3:
Refining Breath Awareness into Pranic Sensitivity

3-5:30pm **Session 4:**
Purifying the Energy Channels and Eliminating the Pause

Session 5:
Discovering Our Inner Space Through Systematic Relaxation

Sunday, November 7th

10am-12:30pm **Session 6:**
Adopting a Yogic Lifestyle

Bonus Guided Practice:
Foundations of Vishoka Meditation
Guided Practice (75 minutes)

Part 2 - The Complete Practice of Vishoka Meditation

Friday, November 12th

7:30pm - 9pm **Session 7:**
Finding our Seat: Cultivating a Stable and Comfortable
Meditation Posture

Saturday, November 13th

10am-12:30pm **Session 8:**
Aharana Pranayama: Bringing the Mind Back to its Homebase

Session 9:
Samikarana Pranayama: Cultivating Inner Balance

3-5:30 pm **Session 10:**
The 4 Points of Experience

Session 11:
The Complete Practice of Vishoka Meditation

Sunday, November 14th

10am-12:30pm **Session 12:**
Refining the Practice of Vishoka Meditation

Bonus Guided Practice:
The Complete Practice of Vishoka Meditation
Guided Practice (75 minutes)