

Harness the Mind Workshop

Harness the Mind for Professionals is valuable training for professionals whose daily world is like a roller coaster of peak demanding engagements followed by valleys of inaction if not actual boredom. After the stress, what does the mind do while waiting for the next crisis? Worry? Doubt? Anger? Fear? What trouble does the mind get into when the leash of duty is dropped?

Harness the Mind practice gives the professional an understanding that the mind can be trained to increase performance through a daily practice of conscious breathing and the techniques of being mindful during the “off moments” of the day. Professionals are also given a taste of a peaceful mind during the workshop relaxation and shown how to use the techniques that can recreate that experience at home in daily 15 minute sessions.

We go to the gym to build out bodies; we go to meditation to strengthen our mind. What good is a well-built body if the mind can't concentrate on what the body is to do, or if the mind sends the body in the wrong direction, or gets the body stuck in a stress reaction that causes high blood pressure and other stress disorders?

Though *Harness the Mind* is only a short workshop, it can give the professional the inspiration to begin the practice of attending to the mind and taming its unruly behaviors. Once the idea rises that one's mind is workable, that spark will seek out its own fuel. A meditation practice is a living thing, but first it has to be awakened. The lighting of this spark is the primary goal of *Harness the Mind* workshops.

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HARNESS THE MIND WORKSHOP

Meditation is training for your mind

Three-hour workshop for professionals in a stressful line of work

Audio-visual: projector with power point (supplied)

- I. Description and examples of five mental qualities to be developed by meditation practice done a minimum of 90 minutes each week.
 - A. Steadiness, Flexibility, Warmth, Clarity, and Spaciousness
 - B. Description of Extended and Brief techniques
 1. Extended: 15 minutes each day or 30 minutes three days each week
 2. Brief: one minute during break opportunities every day
 - C. Goal: to motivate a desire to try meditation for one month
- II. Description and practice of conscious breathing
 - A. practice centering on breath in nostrils
 - B. practice centering on breath while walking, and other activities
 - C. Goal: to provide a basic meditation technique that is easy and enjoyable
- III. Describe and practice correct meditative posture
 - A. seated in chair
 - B. seated on cushion
 - C. Goal: to discover best meditation experience
- IV. Description and practice of centering, then attending to and disengaging from mental distractions
 - A. Five minute practice centering on breath and remembering breath when distracted
 - B. Five minute practice centering on breath flowing through nostrils and labeling thoughts, sensations, and emotions when they arise.
 - C. Description of how to be mindful of thoughts during day.
 - D. Goal: to provide feedback on meditation technique in practice
- V. 15-20 minute deep relaxation with easy stress relieving technique
 - A. first muscles are individually stressed, then relaxed consciously
 - B. followed by deep relaxation focusing on breath
 - C. Goal: to provide experience of a relaxed and peaceful mind
- VI. Question and Answers

Fee: \$20 each participant

Minimum class: ten (Fee and class size can be adjusted for different situations)

Wear loose clothing, or just loosen tie.

Bring thick blanket for sitting on floor if space is available

Students will be encouraged to follow up with teacher by email:

byc@blackstoneyogacenter.com

Open meditation available Thursday evenings at the Blackstone Meditation Center