



Self Discovery through Meditation

A course to explore different meditation practices and discover yourself anew

Immerse yourself in a 6 week training
that combines teachings, studies, and experiential practices.

Program Overview

The Self Discovery through Meditation Practice is a 6 week long program to expand your meditation experience and discover yourself anew. Whether experienced or just beginning a meditation practice, this program will support where you are now and open new possibilities for practice.

During the six weeks, you will explore the benefits of meditation and what uniquely calls you to the practice. You will experience a variety of meditation traditions that still the body, open the heart, and quiet the mind so that you may make more meaningful contact with yourself in and beyond the practice.

There are 6 sessions in this series with attention to positions and posture, benefits, breathing, obstacles and more. We'll work with managing expectations for meditation and explore over six different types of meditation.

Series Outcomes:

- Become more attuned to your inner world and presence with self, others and the outer world.
- Become more skillful at bringing focus and attention to what is important now.
- Become more competent at regulating in the midst of emotional responses through the sensation of body and breath.
- Connect more with your creativity, gratitude and aliveness to live more fulfilled in each moment.

Who This Program is For

Whether experienced or beginning with meditation, this course is for those who wish to connect more with self in their meditation practice, discovering the mysteries of inner life. Meditation can be an enriching experience for many and wrought with frustrations and wonderings if it is being done right. This course will not only consider the short and long



lasting benefits of meditation but also the obstacles, frustrations, and uncertainties that can hinder practice.

This series will support you in building a practice that nourishes and awes through emergent teachings, discussions, and practice.

What You'll Receive

- Six 60 minute live sessions

Each session guides you toward supportive postures, positions, breath focus, and exploration of the inner world. There will be opportunity to learn through shared stories and to practice experientially in each session.

- Six guided meditation recordings

Each session explores a different type of meditation. You'll receive a recording of the guided meditation to support your practice between sessions.

- A group of practitioners

A circle of connection allows a sense of safety and comfort, sensing into the collective regard of the group, mindfully practicing in space and time together

Faculty

Christy McClendon, MSW, PCC

Christy McClendon has engaged with meditation practice for over 25 years with a more dedicated daily practice since 2018 in the Zen tradition. She has led meditations in large group retreats and with individual clients for over a decade, supporting an inquiry of the inner world, bringing more wonder and curiosity to what it means to be a human being.

While meditating in Egypt with a collective group of ancient wisdom students, Christy had a profound experience of awakening more to herself with wonder and mystery. Since, she has more eagerly come to her sitting cushion with wondrous delight to discover who she is and is becoming each day.

After her studies and travels in Egypt, Christy became more committed to sharing this practice with others and formally sought her certification as a Meditation Teacher and



Practitioner and Yoga Instructor (200). She is delighted to share this ancient and wise practice with others.

What You'll Learn

Experience greater focus, purpose, and support through a consistent meditation practice. Open to the possibility of meeting yourself anew in each practice.

The course will cover positions and postures, benefits, and obstacles of meditation. Seven types of meditation practice will be explored, including Breath Awareness, Metta, Body Sensation, Progressive Relaxation, Mantra/Incantation, Zen, Truth Seeking, and Transformational.

Session Dates

Thursdays from 10:00-11:00 a.m. EST / 9:00-10:00 a.m. CST / 7:00-8:00 a.m. PT

Beginning Thursday, May 2, 2024 through Thursday, June 6, 2024

Testimonials

“I see Christy as a talent with wisdom, experience and understanding who can light the way on a life-enriching journey with long-lasting rewards.” - Mary Ann

“Christy is a beautiful guide on the path of deepening in practice.” -Ann

“Our work together helped me to feel more alive. I am more present and engaged not only at work but also at home.” – Cathy

“Working with Christy allowed me to take myself a little less seriously and open myself to the beauty and joy around me.” - Mike

FAQs:

- What is the price point and how do I pay?
 - The investment is \$75, roughly \$12 per session, and is due prior to the series launch. The program is non-refundable once the series begins.



- Invoice will be sent once registration is complete with option to pay by bank transfer or check. Credit card payment is available for an additional 3% processing fee.
- What are the program details and schedule for the series?
 - All sessions will be held online through Zoom. There will be no in person engagement.
 - The program begins on May 2 and completes on June 6, 2024.
- If I participate, how many hours per week should I plan to dedicate to this program?
 - Live sessions will be approximately 60 minutes each, held weekly for six weeks.
 - Dedicating 20 minutes to practice daily, ideally each morning, is recommended. Guided meditation recordings will be provided after each session.
- What if I need to miss a session?
 - Not to worry. If you need to miss a session, please contact the leader in advance to cover the content you missed. We hope you'll attend as many live sessions as an essential member of our practice community.
 - Only enrolled participants in the program may attend sessions. This supports the safety, trust, and openness of the community that forms in this series.
- Who will benefit from this series?
 - Beginning and experienced meditators.
 - This program will bring an enhanced awareness to practice.
- Will there be individual guidance?
 - This is a group training series. However, there will be opportunities for Q&A in each session. If you would like to engage in individual support, please contact Christy at christy@life-integrity.com to explore this addition.

Apply and Invest:

Invest in yourself and join in an ancient practice filled with wisdom, discovery, and mystery. To ensure each person receives an abundance of rich learning and support in this series, it's open only to a **limited number of participants**.

Link to Apply: <https://www.surveymonkey.com/r/MeditationCourse>

Last day to apply is April 25, 2024.

A total of 6 sessions over 6 weeks: \$75