



# LEARN TO MEDITATE

IN THIS 4 DAY IMMERSION YOU WILL BE INTRODUCED TO SEED MEDITATION, WE WILL DEBUNK SOME OF THE MYTHS OF MEDITATION, LEARN ABOUT THE ESSENTIALS OF MEDITATION, AND DISCOVER WHY IT WORKS. WE WILL ALSO PARTICIPATE IN ASANA PRACTICE, BREATH PRACTICE AND SEED (SIMPLE EASY EVERY DAY) MEDITATION PRACTICES, FOLLOWED BY DISCUSSION AND Q&A.

## SEPTEMBER 27-30, 2018

PADHMA GOCHEN LING RETREAT CENTER • MONTEREY, TN

**SCHEDULE:** THURSDAY 4:30PM-7:30PM  
FRIDAY 9:30AM-5PM  
SATURDAY 9:30AM-5PM  
SUNDAY 9:30AM-2PM

\*LUNCH WILL BE PROVIDED FRIDAY, SATURDAY AND SUNDAY\*

**LODGING:** CAMPING ON SITE  
GARDEN INN AT BEE ROCK  
HAMPTON INN AT COOKEVILLE

**PRICING:** EARLY BIRD (UNTIL 8/15): \$225  
AFTER 8/15: \$250

LED BY:

Petti Groth, ERYT-500, PMA-CPT and Cortni Saunders



Petti is a fully credentialed teacher, certified at the highest level, in both yoga and Pilates. In 2014, she graduated from the Meditation Institute of Sedona. *"Meditation has been a great gift to me, and I am excited about teaching these techniques to my students. I've come full circle,"* says Groth. *"Meditation is an integral part of mind/body practice; it makes our physical practices - and our entire life - fuller and richer. It's a wonderful tool for cultivating acceptance and peace."* To read Petti's full bio, please visit: [synergymindbody.com](http://synergymindbody.com).

