

The Practice of Meditation: Five days:

Each class includes:

- A shared 10 minute video, featuring an expert or teacher describing a specific topic such as how to meditate, the benefits of meditation, the amount of time to meditate to achieve these benefits.
- A short lecture on topics such as techniques for meditating and the benefits of meditation.
- A discussion of each participant's past experience, if any, with meditation, including questions and answers.
- A 10 minute group meditation.
- A request that members of the class meditation on their own for 10 minutes a day and share their experiences with the class.