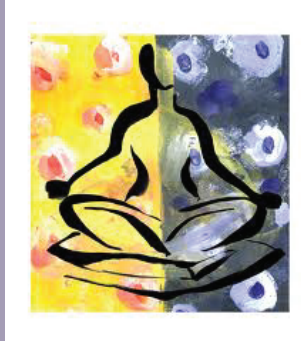


Meditation Teacher Training

With Lorin Roche, Ph.D. and Camille Maurine

A ZESTY, LIFE-AFFIRMING APPROACH TO MEDITATION



April 20 - 22
Fri 7:30-9 p.m
Sat 12:30-5:30
Sun 12:30-5:30

\$220 by April 6, \$260 after



For more information call (775) 337-2990
info@yogalokareno.com
www.yogalokareno.com

All human beings have the ability to meditate. Meditation is a name we give to a universe of techniques for accessing our own innate ability to heal, rejuvenate, and be in love with life. Meditation is intimacy with life. Practicing can feel as natural as breathing. The techniques are ways of perceiving and delighting in the life essence at play in us as prana. When we find the internal styles and practices that match our inner nature, our prakriti, then meditation feels natural and we relish our experience. Meditation becomes an internal vacation and healing Temple that helps us balance our energies and prepare for loving action.

In this workshop you will get an opportunity to explore a variety of different approaches and find what works for you, and also learn from other people what works for them. You will get to practice creating meditations for yourself and for others, and guiding them.



CAMILLE MAURINE and LORIN ROCHE, PH.D. are married and the authors of *Meditation 24/7* (a book/CD ensemble) and the top selling *Meditation Secrets for Women*. Dr. Roche is also the author of *The Radiance Sutras*, a new version of the Bhairava Tantra. His other books include *Meditation Made Easy*, *Breath Taking*, and *Whole Body Meditations*. Camille is a dancer versed in the performing and healing arts, with 40 years of meditation experience. She is the creator of Moving Theater. Lorin is one of the most highly experienced meditation teachers in the United States. Since 1968 he has worked with educational institutions, athletic teams, hospitals, the military, the homeless, and creative professionals. Drawing on over three decades of teaching and 29 years of relationship, Lorin and Camille share their experience with humor and compassion.

To register send a check to Yoga Loka, 6135 Lakeside Dr., #121, Reno, NV 89511 or go to www.yogalokareno.com