



Benefits of your 12 week Membership:

Your meditations will be posted each Sunday and will be available throughout the series. These will be recorded meditations that you can access and listen to at any time during the series

- *The meditations will include silent & guided practice; shorter and longer meditations*
- *A poem will be shared each week to accompany the meditations*
- *Meditation techniques and tips will be included at different points as separate audio*
- *Access to your teacher to give feedback, ask questions and offer suggestions/requests*

Once you have registered for this 12 week series, you will receive the password to access the meditations on the Yoga Moves website.

This series is led by Judy Bousquin, teacher of meditation at Yoga Moves and long-time meditator. Many moons ago, Judy discovered meditation through her yoga practice; ever since she has been practicing sitting meditation, Yoga Nidra and exploring the various traditions of quieting the mind and finding the still-point within. Judy began teaching sitting meditation and Yoga Nidra when students and private clients expressed their challenge with stress in their lives. Inspired by the natural accessibility of meditation to be a self-care tool, Judy made a commitment to assist people in becoming engaged in their internal well-being and thus feeling empowered within their lives instead of feeling overwhelmed by life's vagaries. Judy believes, "A meditation practice can help us feel better, think clearer and live in alignment with our values." When not practicing, Judy finds joy in being with her family, reading, writing and wandering in the woods.