

## ***Elesa Commerse***

### ***Meditation: The Art and Practice of Being Present for Your Life***

Sunday, March 14<sup>th</sup>

10:00am to 4:00pm

Fee: \$95 for the entire inspiring day (WS-160)



The health benefits associated with a meditative practice are powerful and well documented: lowered blood pressure and heart rate; reduced production of the harmful stress hormones cortisol and adrenaline; and enhanced well-being.

What you may not know is that meditation is not a one size fits all practice. Attend this one-day workshop to experience a variety of meditative techniques so you can learn what works best for YOU.

#### **Come prepared to learn:**

- How to sit comfortably to meditate
- How to achieve a state of the deep calm through mindful breathing
- How to work with thoughts as they arise while meditating
- How to access greater peace and joy throughout your day
- How to recover your flower nature when life leaves you feeling wilted
- How to be more compassionate with yourself and others
- How to integrate specific meditation techniques into your daily life to help you move through your day with ease, grace and intention

#### ***About Elesa Commerse***

Elesa Commerse is a beloved meditation teacher, known for her ability to demystify the practice and facilitate breakthrough experiences on the journey to authenticity. She has been teaching since 1977 and has been meditating for as long as she can remember (even though she didn't call it that).

Elesa is the founder of National Meditation Month (May) and is the Director of Wisdom Training for the Tias Little Teacher Training program in Santa Fe, New Mexico. A graduate of the Temple of Kriya Yoga Meditation Teacher Training Program, Elesa holds two certificates in Advanced Yoga Studies for completing Donna Farhi's yoga teacher training program. Her website is [www.thedeepcalm.com](http://www.thedeepcalm.com)

"Elesa Commerse teaches from a place of deep acceptance that, for all her students, offers a profound healing. Her teachings are steeped in loving kindness and generosity. Her language, sensitivity, chanting and poetry touch places in our being that are so hard to reach, they nourish the innermost chambers of the heart."

- *Tias Little*, author of *The Thread of Breath*, *River Flow* and *Freeing the Bird of Prana*

"Elesa Commerse has been teaching meditation for my yoga teacher trainees and during my recent Women's Yoga Retreat, in New Zealand. Her teaching utterly transforms people. She is an exceptionally gifted and warm teacher who demystifies meditation in a way that makes it accessible for ordinary people facing the extraordinary challenge of leading a peaceful life."

- *Donna Farhi*, author of *Yoga Mind, Body and Spirit*; *The Breathing Book*; and *Bringing Yoga to Life*

