



Art and Meditation

In these troubled times, it is important to destress and to take time for oneself. Meditation brings **calmness, peace, insight - and kindness** to ourselves and others. It helps **concentration** and awareness and makes us strong. We meditate alternatively on respiration, health, visualization, objects, music, and walks. Each session ends with a guided meditation on an Aboriginal artwork, something that participants particularly enjoy.

Meditation sessions **every Monday from 6 :30 pm to 8 pm**,
at the Museum « La grange ».

NEW: 10-week course on Saturday mornings from 10:30 am to 12 midday.
Begins 2 April and ends 4 June.

CHF 25.- per individual session or CHF 200.- for 10 sessions
(includes coffee/tea and biscuits during break)
Bookings: info@fondation-bf.ch, 032 861 35 10

Theresa Burkhardt is your meditation teacher. She studied in Australia with author and internationally acclaimed meditation teacher Eric Harrison and trained to be a teacher.