



Wellness Day Workshop @ Nitida Wine Farm

Meditation: What? Why? How?

Were you ever interested in learning how to meditate, but don't know where to start? Or are you frustrated with your attempts with Meditation Apps and Youtube, feeling that you are not getting it right or struggle with motivation? Then this workshop, covering the basics of Meditation, is for you.

This workshop will cover the following:

- ❖ Debunking some myths: what meditation is and is not.
- ❖ The reasons why and the benefits of meditation.
- ❖ Different types of meditation.
- ❖ Short practices, Q&A, some more short practices, Q&A.
- ❖ Practical tools and ideas to support your practice.

Venue: Yogaville @ Nitida.

Date: Saturday 26 April 2025

Time: 13:30-16:30

Investment: R 450.

**For more information or bookings contact
Johann @ 083 764 5978 / johann@johannvangreunen.co.za.**