

# Meditation Course

*“Meditation is not passive sitting in silence. It is sitting in awareness, free from distraction and realising the clear understanding that arises from concentration.”*

- *Thich Nhat Hanh*



For more information or  
bookings contact  
Johann @ 083 764 5978 /  
[johann@johannvangreunen.co.za](mailto:johann@johannvangreunen.co.za)

I will teach an 8-week Meditation Course on **Tuesday evenings** during **September - October 2026**. Do note that the goal of this course is to give participants a taste of the different meditation practices available to us, and not to teach any of the practices in depth. This course will be suitable for beginners as well as existing practitioners.

The following themes will be covered during the 8 weeks:

- ❖ What is meditation and why do we meditate?
- ❖ Mindfulness Breath Meditation / Samatha
- ❖ Working with sensations in the body
- ❖ Working with feelings and emotions
- ❖ Working with thoughts
- ❖ Insight Meditation / Vipassana
- ❖ Sound Meditation
- ❖ Chanting
- ❖ Music Meditation
- ❖ Visualisation
- ❖ Body and Movement Meditation
- ❖ Mantra Meditation / TM
- ❖ Text meditation & Lectio Divina
- ❖ Contemplative Prayer
- ❖ Loving Kindness Meditation / Mettabhavana

**Venue:** 8 De Bron Avenue, Kenridge, Durbanville.

**Dates:** Tuesday evenings 1, 8, 15, 22 & 29 September; 6, 13, & 20 October.

**Time:** 19:00-20:30.

**Investment:** R1 500.

A 50% deposit paid by **Friday 14<sup>th</sup> August** secures your booking. Pay only **R1 350** if you pay in full by **Friday 14<sup>th</sup> August**.