



Lau Gar Guardian's present

Meditation

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Application Form

Please complete and return with cheque to;
Lau Gar Trust, PO BOX 2586, Stafford

Name:	
Address:	
Post Code:	
Tel No:	
E-mail:	
Club/Instructor:	
Cheque (£35) <small>(payable to Lau Gar Trust)</small>	

For further information please call Peter Hornby on 01785 840547

Meditation Course

Introduction:

From the earliest times of the Shaolin temple kung fu practice went hand in hand with meditation. Da Mo/ Bodhidharma is said to have introduced the exercises which developed into the martial styles in order to help the monks with their meditation practice. At that time meditation was the main and kung fu practice was the support -- there was no kung fu without meditation practice. Kung fu and meditation, you could say, were like the two wings of a bird. These days many people train very hard, very diligently, in kung fu without ever undertaking meditation practice -- which is a shame as you can fly further with two wings than with one. Perhaps it is now time to train your other wing...

Course Outline:

In the day we will cover, in an essential way, everything needed for a solid grounding in the basic/ foundation practice of meditation. It is suitable for those who have no previous experience of meditation as well as those who do.

Shyiné (Tibetan), shamatha (Sanskrit) or 'calm abiding through the practice of mindfulness' introduces us to the fundamental principles and mechanics of all meditation systems. In it we find the method to work with our mind, our energy and our body.

The day will include: tips for how to gain the most from the day and ensure you have the understanding and method; environment and physical posture; prana/ winds and channels; motivation and inspiration; the practice itself with antidotes to the two main ways in which mindfulness is lost.

If there is sufficient time we will go into more detail. There will be plenty of opportunity to ask questions.

By the end of the day you will have gained a valuable tool that can help you improve not only your kung fu practice but also your life.



The course will be taught by Lau Gar's David Harris.

David Background:

David Harris has practised meditation for 28 years across both Eastern and Western disciplines.

For the last 11 years he has been a student of Tibetan Buddhism and has received teachings and empowerments from many great Tibetan Lamas. His main teacher is His Eminence 7th Dzogchen Rinpoche, Jigme Losal Wangpo, who gave him permission to teach shyiné.



If you are interested in attending please complete the application form on the back page and return it to :

Lau Gar Trust
PO BOX 2586
Stafford
ST16 9AW

Note: The course will be filled on a first come first served basis. Places are limited so please apply early.

