

The Tranquility Meditation Workshop

Three Hour Experiential Workshop with Janet Doucette

CREATE A SACRED PLACE OF TRANQUILITY AND INNER PEACE. Learn to use meditation and visualization techniques that are drawn from ancient Buddhist practices. Detach from turbulent life demands while you dwell in the midst of stillness and gain peace of mind. Learn how to bring inner tranquility and harmony into your daily life. Tranquility is an enduring state of beingness that unfolds in a seamless flow – one moment after another moment. Like the sails of a boat when the winds die down, we have the experience of “being becalmed” in the midst of turbulence. We become TRANQUILITY, itself.



Each Participant Receives

*Meditation Training Guide
Tranquility Meditation Audio CD
Free Access to the On-Line Workshop*

In the Tibetan Buddhist tradition there is a form of meditation that helps still the mind and body so one can enter a state of tranquility. Called **Shamatha** in Sanskrit or “calm abiding,” it is frequently used to train meditation practitioners to enter a peaceful state so they effectively practice mindfulness or **Vipashana** meditation.

There are three separate meditations offered in this workshop. The first incorporates the correct breathing method for meditating and the second involves using visualization to move energy in the body. The third practice is called the “Dissolving Mind” meditation and is useful in developing the deeply held inner state of tranquility.

Small group format ensures participants will receive useful meditation training and individualized instruction from the leader. This workshop is a wonderful addition for fitness, wellness, yoga centers, and health fairs.

About the Meditation Leader

Janet Doucette has been studying and practicing meditation for over twenty-five years in a variety of forms. She brings traditional meditation practices into understandable formats for modern students. In addition to being a licensed psychotherapist in the Health & Healing Department of Canyon Ranch she is a Second Degree Master in the Men Cho Reiki lineage and a practicing Buddhist.



Minimum of 10 participants and maximum of 12. \$150 per person

Requirements: *Quiet space with access to audio equipment and sound system, preferably an overhead projector. Each participant needs a backjack support or meditation cushion. Request that participants bring water bottle and two blankets.*

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