

meditation

SPONTANEOUS MEDITATION

Spontaneous Meditation is a natural and simple technique of consciousness that strengthens and supports both the mind and body to enhance health and well-being. This technique is not based on concentration, contemplation, or manipulation of the mind. During meditation the mind is spontaneously opened to and nourished by the underlying field which is the infinite source of energy, intelligence, and bliss. Spontaneous Meditation connects one to the wholeness of life, improving all aspects of health and wellness. In this program you will also learn a breathing exercise and a set of yoga postures.

Spontaneous Meditation Group Instruction is taught monthly in three sessions:

The three sessions in August are:

August 6, 4:30-6:00pm August 7, 4:30-5:30pm August 13, 4:30-5:30pm

The three sessions in September are:

Sept. 10, 4:30-6:00pm Sept. 11, 4:30-5:30pm Sept. 17, 4:30-5:30pm

The three sessions in October are:

October 1, 4:30-6:00pm October 2, 4:30-5:30pm October 8, 4:30-5:30pm

Ohio State Integrative Medicine
2000 Kenny Rd, Columbus, OH 43221
(next to Ohio State's Martha Morehouse Medical Plaza)

\$250 (payment is due in full at first session) **To register, call 614-293-9777.**

About the Instructor: Hari Sharma, MD, DABIHM, FACN, DABP, FCAP, FRCPC, has been practicing Ayurveda at Ohio State Integrative Medicine since the inception of the Clinic. In addition to practicing Ayurveda, he has been teaching Meditation and Pranayama (Breathing exercises) for many years. Dr. Sharma is certified by the American Board of Integrative Holistic Medicine. He is a Fellow of the American College of Nutrition, a Fellow of the Royal College of Physicians of Canada, and a Fellow of the National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India. Dr. Sharma is Professor Emeritus and former Director, Division of Cancer Prevention and Natural Products Research, Department of Pathology, College of Medicine, at The Ohio State University.

For more information: **614-685-4476** | wexnermedical.osu.edu/integrativemedicine



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