



# VISHOKA MEDITATION®

## Vishoka Meditation Course

### Part 1: Foundations for Vishoka Meditation

#### Friday, November 4<sup>th</sup>

7:30pm - 9pm

##### **Session 1:**

The Scope of Vishoka Meditation

#### Saturday, November 5<sup>th</sup>

10am - 12:30pm

##### **Session 2:**

Cultivating Healthy Breathing

##### **Session 3:**

Refining Breath Awareness into Pranvic Sensitivity

3-5:30pm

##### **Session 4:**

Purifying the Energy Channels and Eliminating the Pause

##### **Session 5:**

Discovering Our Inner Space Through Systematic Relaxation

#### Sunday, November 6<sup>th</sup>

10am-12:30pm

##### **Session 6:**

Adopting a Yogic Lifestyle

##### **Bonus Guided Practice:**

Foundations of Vishoka Meditation  
Guided Practice (75 minutes)

## Part 2 - The Complete Practice of Vishoka Meditation

### Friday, November 11<sup>th</sup>

7:30pm - 9pm ..... **Session 7:**  
 Finding our Seat: Cultivating a Stable and Comfortable  
 Meditation Posture

### Saturday, November 12<sup>th</sup>

10am-12:30pm ..... **Session 8:**  
 Aharana Pranayama: Bringing the Mind Back to its Homebase

**Session 9:**  
 Samikarana Pranayama: Cultivating Inner Balance

3-5:30 pm ..... **Session 10:**  
 The 4 Points of Experience

**Session 11:**  
 The Complete Practice of Vishoka Meditation

### Sunday, November 13<sup>th</sup>

10am-12:30pm ..... **Session 12:**  
 Refining the Practice of Vishoka Meditation

**Bonus Guided Practice:**  
 The Complete Practice of Vishoka Meditation  
 Guided Practice (75 minutes)