

AMBA YOGA CENTER PRESENTS:



**A COMPLETELY NEW SERIES OF
MEDITATION & MINDFULNESS COURSES
WITH KEN TAUB**

**TUESDAY NIGHTS AT 8 PM
STARTING JANUARY 8, 2013**

~FIRST COURSE~

The Magic Cave Meditation, the unexplored self and going deeper than you thought possible.

Whether you have engaged in meditation before or not, this course will aid you in becoming more present and clear. Each course will combine actual meditation, guided meditation, special mindfulness exercises, talks and group discussion.

Dates: January 8 – February 12, 2013 (6 sequential Tuesday Nights)

~SECOND COURSE~

What is it Like to Be Fully Awake? Meditation & exercises for being more aware, staying present & staying true to one's self.

In this course you will gain new insight as well as a real feel and taste of the enlightened state. **Dates: March 5, 12 and April 2, 9, 16, 23.**

~THIRD COURSE~

The Transformation of Anxiety, Fear & Reluctance

Turning nervous energy, outright fear and withhold into positive energies for more robust living.

Here we will go deep, and consciously unravel our personal histories and "stories" – and not with therapeutic techniques – but with a keen awareness of what is really so in the present. **Dates: May 7 – June 11th (6 sequential Tuesday Nights)**

Each class will be 1 ½ hours on Tuesday nights, 8-9:30pm. YES, you may take any one course, or all three. Courses are to be pre-paid. There will be no drop-ins allowed. It is suggested that you ensure you are able to attend at least 5 of the 6 classes in each course.

Cost: \$125 per course (discounts for full-time students, seniors and those in need). \$330 for all 3 courses (pre-paid). 7 people minimum per course and 15 people maximum (if there are less than 7 signed up, that Course will not be given).

About Ken Taub: Ken, co-owner of Amba Yoga Center, is a longtime student of Asian philosophy, particularly Zen Buddhism. He received his degree in Chinese Studies at UC San Diego, and is the author of **Waking Up in America**, a metaphysical memoir and book of insights and reflections. For more information email: kenja@optonline.net