



International
Meditation
Teachers
Association

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COMMUTERS MEDITATION CLASS

17TH August 2011

Imagine CityRail conducting Meditation Classes on the train and you arriving to work positive, motivated and focused on your goals, and then returning home relaxed and refreshed. *Well it's almost true...* **Alison Jose, of Brightlife.me** has created *Commuters Meditation Classes* in the Woy Woy area to teach commuters how to de-stress and greatly improve their wellbeing through meditation, and to then put it into practice by using guided meditation recordings while on their train journey.

"By using their commuting time to their advantage and meditating for 10 or 20 minutes traveling to and from work," says Alison, "these commuters will make profound positive life changes. Meditation is the greatest health insurance of all as it promotes happiness, wellbeing and improves your experience of life and physical health."

Research has scientifically proven that meditation is a powerful antidote to the "fight or flight response" which we experience as stress. Not only does meditation significantly reduce the effects of stress; but it also creates a greater sense of calm and peacefulness, more clarity of thought, greater self confidence and improved self esteem. It gives an increased sense of physical, mental and emotional wellbeing, plus it enables better sleep, and more energy and motivation.

After meditating for over 10 years and commuting for even more years, Alison knows that to be able to "find" the time to meditate in our busy lives is practically a miracle in itself. However to meditate while sitting alone on the train is actually quite easy with the guided recordings – and everyone else will just think you're asleep.

Alison has an IVHHD Certificate in Meditation Teaching and Holistic Counselling, plus IVHHD Certificate as a Chair Yoga Instructor. During her weekly meditation classes, she will teach four different styles of non-religious based meditation, which are designed to remove stress from your mind and body and to motivate you into creating more positive opportunities for yourself.

On Tuesday evenings, students will be treated to a special tranquil experience while meditating at the beautiful **Boathouse Waterfront Restaurant in Koolewong** overlooking Brisbane Waters (we may catch the sunset). And on Friday's commuters can meditate their cares away with a 6.30pm class at **Woy Woy CWA**, or replenish on a Saturday morning at 9.45am class at the **Peninsula Community Centre**.

"One of the styles of meditation we do in class is a creative visualisation and vibrational sound meditation which is really powerful, however its not possible to make the vibrational sound on the train without freaking out other passengers," laughs Alison, "but in the class setup, it's amazing and results in people being able to manifest and create exciting life changes for themselves."

This form of meditation can create an abundance of happiness, finances and flow in your life. Perhaps you would like to focus on increasing your confidence; lose weight or dramatically reduce stress; manifest a new or improved job; create a new or improved relationship; plus look and feel younger, slow down the ageing process and increase your health and wellbeing.

Science has shown that during meditation the body's heart rate and blood pressure lowers, and by slowing down breathing, this in turn lowers the amount of oxygen needed for the body. In addition, by slowing down your mental processes during Meditation, your muscles relax and your body begins to function at a calmer and more natural level, which assists in relieving muscle pain, improves the function of the immune system and returns the entire body to its natural balance.

COMMUTERS MEDITATION CLASSES COMMENCE: Tuesdays from 6th September, Fridays from 9th September, and Saturdays from 10th September – **Classes run for six weeks for 60 minutes, with the first class lasting 90 minutes.**

TUESDAY CLASS: 6.30pm. The Boathouse Waterfront Restaurant, Brisbane Water Drive, Koolewong

FRIDAY CLASS: 6.30pm. Woy Woy CWA Hall, 30 The Boulevard, (opposite Ferry Wharf)

SATURDAY CLASS: 9.45am. Peninsula Community Centre, Cnr Ocean Beach Rd & McMasters Rd, Woy Woy

CLASSES COST: \$15/\$80 for 6 classes. Recordings & Scripts \$20.

IMPORTANT: Please confirm class participation to alison@brightlife.me to receive Preparation Notes.

FOR FURTHER INFORMATION contact Alison Jose M: 0414 289 778 www.brightlife.me