



Common Misconceptions

- I need to follow certain rituals, sit in lotus pose, have a religious practice
- I must sit still and close my eyes.
- Meditation will make me lose my edge and my intensity
- Meditation means learning to stop thinking and empty my mind
- I don't have time to meditate
- There's only one way to do it

Types of Meditation

Prayer/Spiritual

Visualization

Chanting - Mantra

Movement

Concentration

Mindfulness

Where to start!?

Keajra Kadampa Buddhist Center

meditationinhamptonroads.org

*Programs for adults & children

Marsha Engle

StudioBambooYoga.com

Gabrielle Gerard-Jenks

TheSpaceAbove.com

Diane Malaspina

Binduwellness.com

Brian Dunning

Flourishonellie.com

Apps:

Headspace

**great visual experience
adults & older children*

10% Happier

**more geared toward adults
and less metaphysical*

Insight Timer

**Specific meditations for
adults and kids of all ages*

Cosmic Kids Zen Den

**Mindfulness for kids 3+*



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