WorkLife and Wellness Workshop

Meditation

Monday, December 17, 2018
12 – 1 pm
Glassrock Building, Room 7106
2521 Stockton Blvd., Sacramento, 95817
Presenter: Brenda (Astara) Gustin, Ph.D., CMT, RYI

There are many stages of life that represent levels of consciousness within our body and mind. The first stage begins when we are born. We wake up and become part of a family and culture which includes our neighborhood, state and country. A process of learning begins and forms our foundation and inherent values. This foundation firmly grounds us in beliefs that guide our everyday lives. Through meditation we can rediscover how the positive values of this foundation can be cultivated within this basic structure to design and foster health and creativity.

Meditation is one of the most natural and yet most profoundly rewarding of all human activities. It connects you with your own inner powers of vitality, clarity, and love. When done deeply, it also connects you with Spirit and infinite joy.

For the 2018 Meditation Series, each month we will explore practical suggestions on how to live a radiantly healthy life. We will learn how to have more energy and vitality, to be receptive, to be relaxed, to recharge the body, calm the mind, open the heart and to have positive, cheerful and wholesome attitudes. These workshops can be for beginners who are just learning about meditation or for people who already make meditation their daily practice.

Brenda Gustin is a certified Ananda Yoga and Meditation Instructor with many years of teaching experience. She skillfully blends the art and science of meditation to raise awareness for the creation of health and wellness from within. Her students enjoy entering into a deep vibration of transcending peace and expansion from her teaching style. Brenda is the owner of the Union with the Heart, and co-owner of The Radiant Health Center.

Anyone interested in attending could also RSVP to Marina Podoreanu, mpodoreanu@ucdavis.edu, (916) 734-2760.