



**Meditation for People Who Think They Should be Meditating But Aren't and Feel Vaguely Guilty,  
or Are A Little Concerned They are Doing it Wrong,  
or Are Happy Meditators Who Would Like a Few New Ideas**

**with Gretchen Newmark**  
**Saturday, March 3, 2012**  
**1:00 – 4:00 PM**  
**\$45**

Meditation is mind's gift to itself, but too often we make it harder than it needs to be so that what could be a joyful opportunity becomes an obligation. Experience the benefits of meditation, how to sit, breathe, and what to do with distractions. Experiment with methods that calm and center the mind, increase compassion and wisdom, and help with disturbing thoughts and feelings. Avoid the common pitfalls that discourage meditation practice. Learn how to develop and sustain an enduring meditation practice that fits your life. You will have plenty of time for questions and answers.



**Gretchen Newmark** started meditating in 1979 because her yoga teacher said to, although he offered no instruction. After much trial and a lot of error, she was fortunate to meet authentic teachers with sound guidance. She began teaching meditation in 1997. She is trained in and practices Tibetan Buddhism, but teaches people from any or no tradition. Her passion is to make the benefits of meditation practice accessible to anyone with interest. For more information: [www.gretchennewmark.com](http://www.gretchennewmark.com)

**Registration for Meditation with Gretchen Newmark – March 3, 2012**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Day phone (\_\_\_\_) \_\_\_\_\_ Evening phone (\_\_\_\_) \_\_\_\_\_

To register, make your check payable to Gretchen Newmark in the full amount and send it along with this registration form to: Portland Yoga Arts, 4400 NE Glisan, Portland, OR 97213. Cancellation policy: a refund minus \$25 will be given if you notify us 72 hours before the start of the event.