

~Free Community Class~

Vipassana Workshop

Everyone Invited

With Julia Kocian and Sharon Bautista

First Sunday of the Month 3:00pm to 4:00pm

Immediately Following Community Yoga



About the Class...

Vipassana is a method of meditation that originated as a Buddhist practice, but can be (and is) practiced by people of all backgrounds and is not necessarily intricately linked to religious doctrine. It is based on the idea that we all experience suffering, frustration etc. and that by meditating we can see the world more clearly and thus free ourselves of these imprisoning and unpleasant emotions and reactions. Vipassana meditation asks the practitioner to focus only on the breath itself, observing it's passage without altering it. During Vipassana retreats (which can be found all over -there is one Vipassana center in Illinois which we will provide information on), the practitioners take a vow of silence, eat two vegetarian meals per day and meditate for many hours; the vow of silence gives the practitioner the opportunity to quiet the mind more completely and get to know better how their minds operate and what thoughts most distract them. Some of the benefits include lowered blood pressure, better quality rest, ability to deal with stress and negative emotions more effectively and a stronger connection to one's own natural spirituality.

About Julia Kocian...

It was my love of physical fitness that lead me to my first yoga class, but I soon found myself on a journey that took me far beyond strength and flexibility. I discovered that my yoga practice allowed me to access a unique peace of mind and restfulness of body. I used yoga as much to relieve mental and emotional stress as to explore and expand the limits of my body.

Nearly 7 years has passed since I started practicing yoga and I am constantly discovering new joy in it each time I step onto the mat. The desire to expand my personal practice and share it with others lead me to Thailand to meditate and to India where I completed a teacher training lead by a collaboration of yogis from India, Europe and North America. This rare exchange of cultures and philosophies allowed me a to experience a special blend of yoga methodology and to piece together my own approach drawing elements from all of these diverse teachers.



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