



## **Meditation Room Description of Classes**

Below is a description of the classes (in alphabetical order) that have been offered in the Meditation Room. Check the Meditation Room schedule to see when the class, or if the class is offered this year. Classes are free and open to students, faculty, staff and the community.

### **A**

#### ***Aroma Therapy/ Walking Meditation***

**Description:** Walking meditation is a form of meditation in action. In walking meditation, we use the experience of walking as our focus. We become mindful of our experience while walking, and try to keep our awareness involved. There is also the addition of the aromatherapy of multi-sensory vegetation planted in the LaFourcade Campus Community garden as well as other areas at the University of Redlands.

## B

### *The Body-Centered Contemplative Practice: The Feldenkrais Method®*

**Description:** The Feldenkrais Method® uses a series of very small movements to teach the brain and the nervous system how to move in a more efficient way, and the results are immediately noticeable. Some improvements for meditation may include deeper breathing, sitting more comfortably, less tension in muscles, and increased body awareness. Most people experience a very deep state of relaxation. This work is very effective for everyone from highly skilled athletes to people with chronic pain. Emphasis will be placed on how to integrate this work into your regular practice.

Please dress comfortably, no jeans please because they are too stiff and often restrictive.

You may want to bring a sweatshirt in case you get cold, as body temperature can drop while working with the nervous system.

### *Breath Awareness in Sufism*

**Description:** Sufism is an ancient and vital Path of Love in which the devotee works to “polish the heart.” Although breath awareness is a practice of most meditation and mindfulness traditions, in Sufism, emphasis is laid on the transformation of the heart. In this session, participants sit in a chair or situate themselves on a floor cushion. After a brief introduction to the principles behind the practice, participants will be gently guided in this simple method of breath awareness. All are welcome. One does not have to know anything about Sufism in order to participate. For centuries, in many different cultures, practitioners have noted the profound effect of deep peace and warm-heartedness as a result of this practice.

### *Byzantine Chant*

**Description:** Byzantine chant is the ancient form of musical worship in the Eastern Orthodox Christian tradition and continues to be used in services to this day. The purpose of Byzantine chant is to bring a person into the presence and experience of God. This session will introduce the eight tones of Byzantine chant in the context of attentive listening and participation. No musical experience necessary

## C

### *Centering Prayer*

**Description:** Centering Prayer is a Christian contemplative prayer method with deep historical roots. Participants sit in a chair or situate themselves on a floor cushion. They are gently guided in a simple method of centering. The emphasis is on becoming present with an open heart, listening to God in the silence rather than talking and making petitions. Participants will learn all they need to know to make Centering Prayer a regular personal practice if they wish to do so. For centuries, practitioners have noted its effect of emotional release, inner peace, and compassion for self and others.

### *Ch'an Buddhism Saturday Retreat*

**Description:** One Day Chan (Chinese Zen) Retreat. A one-day Chan (Japanese: Zen) retreat designed to give beginners an orientation in relaxing the body and calming the mind through clear insight and wisdom. The retreat will feature practical lessons in harmonizing moment to moment with the environment around us and will have periods of sitting meditation, walking meditation and direct contemplation.

This event will give participants a taste of authentic Chinese Chan (Japanese: Zen) training. Gilbert Gutierrez, a Chan teacher with several years of experience, will lead the retreat. Gilbert is the only Dharma Heir of world-renowned Venerable Chan Master Sheng Yen teaching in North America. He teaches classes throughout North America and teaches classes in Asia via the internet.

**Note: Reservations are required.** The retreat is free however, space is limited.

### *Christian Contemplative Prayer: The Jesus Prayer*

**Description:** There is within a space, a field of the heart, in which we encounter a Divine Reality, and from which we are called to live. In this session, we will explore the ways in which the mind descends into that inner sanctuary, by means of the Jesus Prayer or wordless contemplation, and stays there; the ways in which we can descend with our mind into our heart, and *live there*.

## *Contemplative Crafting*

**Description:** Experience the sense of balance and energy to be found within the creative process. Explore the links between crafting and contemplative practices. Learn to apply the skills of meditation to the art of crafting in order to enjoy a more fulfilling creative experience. All materials are provided free of charge. Participants keep the items they create.

## *Contemplative & Music and Sound Art*

**Description:** Coherence- A performance of sonemplations (contemplation + sonics = sontemplation) intended to support meditation as well as engender shared sonsciousness (consciousness + sonics = sonsciousness). All are welcome.

## D

## *Dances of Universal Peace*

**Description:** The Dances of Universal Peace are easy-to-learn circle dances that celebrate the teachings of love, peace, and compassion from all the world's spiritual traditions. Children are welcome age 6 and up.

## *Deep Relaxation*

**Description:** Deep Relaxation is a gently guided meditation to relax your body and quiet your mind. Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation, activate a deep relaxation response. When practiced regularly, these activities lead to a reduction in your everyday stress levels and a boost in your feelings of joy and serenity. It will energize and restore you! No experience necessary.

## *Deep Relaxation for Final Exams*

**Description:** Relaxation techniques such as deep breathing, visualization, progressive muscle relaxation to alleviate the stress of final exams

## *Dreams Are Alive: An Introductory Dream Workshop*

**Description:** Dreams are alive. Four to five times each night, living images play inside our

brains, weaving together ingenious stories. This theater of the night affects our daily experience, shapes our decisions, and largely determines who we are and who we become. Dreamtending offers an invaluable tool for exploration of the inner life. There is a creative element in dreams, and this creativity is Divine and at work in human souls, guiding individuals towards their Divine potential and wholeness.

What assumptions do you have about dreams? Come and learn how to work with a dream that has stumped you and discover how to bring it to life.

### ***Dreams: Deepening Our Connection with the Self***

**Description:** Dream work offers an invaluable tool for exploration of the inner life. From the beginning of human history, dreams have been a source of creative inspiration and spiritual renewal, emotional and psychological insight, and scientific and cultural innovation. Dreams speak in a universal language of symbol and metaphor. In this day and age, when many people have difficulty experiencing an authentic spiritual life, dreams are a bridge to that deeper Reality within each person. There is a creative element in dreams, and this creativity is Divine and at work in human souls, guiding you towards your Divine potential and Wholeness.

*\*\*Participants are encouraged to be recording their dreams in a journal and bring them to this workshop. We will work with a couple of dreams from anyone who is willing to share*

## **E**

### ***Evening Salutation Yoga***

**Description:** Evening Salutation Yoga guides you through the techniques that will transform your body and calm your mind each day. You will be guided through simple and soothing yoga preparation and poses from restorative to floor poses and inversions. With a focus on Asana (movements) and Pranayama (breathing practices), you will learn relaxation techniques and meditations to transition you into rest.

### ***Exploring Healing Energy Centers: An Introduction to Kundalini Yoga***

(See Kundalini Yoga)

## F

### *Feldenkrais Method®*

**Description:** The Feldenkrais Method® uses a series of very small movements to teach the brain and the nervous system how to move in a more efficient way, and the results are immediately noticeable. Some improvements for meditation may include deeper breathing, sitting more comfortably, less tension in muscles, and increased body awareness. Most people experience a very deep state of relaxation. This work is very effective for everyone from highly skilled athletes to people with chronic pain. Emphasis will be placed on how to integrate this work into your regular practice.

Please dress comfortably, no jeans please because they are too stiff and often restrictive. You may want to bring a sweatshirt in case you get cold, as body temperature can drop while working with the nervous system.

## G H

### *High-Powered Qigong Breathing*

**Description:** In this 3-hour course, you will learn: How to store energy in your navel center and strengthen your body Nine-Breath Method, which allows you to flush your body with energy in 45 seconds. Techniques that instantly deliver the Qi-Energy in massive quantities for results

## I

### *Introduction to Meditation*

**Description:** What is meditation? What is mindfulness? What are the personal benefits? How do these practices make a difference in the world at large? After a brief addressing of these questions, participants will be asked to situate themselves comfortably in a chair or on a floor cushion. Several meditation and mindfulness practices are introduced and experienced. Session will end with a brief time for questions and optional sharing. All levels are welcome.

## J

### *The Juseige or Three Sacred Vows” (Shin Buddhist Chant)*

**Description:** The Juseige or “Three Sacred Vows” is an expression of Amida Buddha’s promise to deliver all beings from suffering. Practitioners of Shin Buddhism repeat these vows as part of a chanting meditation. Come experience it for yourself. Participants will begin with a sitting meditation, followed by a walking meditation, and concluding with a chant of the Juseige. People of all faiths are welcome to participate.

## K

### *Kabbalah*

**Description:** You will meditate on the stories of the great Hasidic storytellers and the images of the Kabbalah. The goal of the session is to introduce these methods for deeper self-understanding and compassion.

### *Kundalini Yoga*

**Description:** Exploring Healing Energy Centers: An Introduction to Kundalini Yoga  
Introduction to the fundamentals of Kundalini Yoga using visualization, breathing (pranayama) in kundalini-informed meditation, and introducing chakra work

### *Kriya Hatha Yoga, led by Armound Mahmoudi*

**Description:** The main objective of this class is to introduce a student to 18 particularly effective postures which have the ability to induce a deep physical and mental relaxation. Through practicing these postures the student will also have the opportunity to heal their body from many disorders and irregularities. The postures are taught in stages and the class is meant for mix level students who have the chance to do the postures to their best abilities.

## L

### *Labyrinth*

**Description:** Walking the Labyrinth has been a Christian meditative and devotional practice for centuries. The slow, circular path calms your mind and connects you to your deeper wisdom. This session introduces you to the history and practice of the Labyrinth. We start out in the Meditation Room and finish at the outdoor Labyrinth.

### *Loving Kindness Meditation*

**Description:** A gently guided meditation method that opens the heart to oneself, others, and the world. For centuries, practitioners have noted its power to transform anger into loving kindness and despair into hope. Doing this practice in a group setting is said to have a beneficial impact not only for the individual but also for the world at large. Thus, it is a form of “subtle activism.” All levels are welcome. No prior experience needed.

### *Lower Back Yoga*

**Description:** This class is easy, effective, and enjoyable. Yoga lengthens the spine and creates space in the body; when the body begins to surrender, stiffness is released, joints are lubricated, and an overall feeling of well-being is achieved.

Yoga is a safe tool for improving a weak lower back as well as increasing strength in the abdomen and buttocks. Gentle poses to ease lower back discomfort will bring greater range of motion and flexibility. Gentle twists are a tonic for the spine. Activate your inner power by strengthening your back!



## M

### *Mindfulness and Zen Meditation*

**Description:** Zen meditation, also known as Zazen, helps us become more mindful of ourselves and the world around us by training our mind to be less carried away by our own internal chatter. When we sit in Zen meditation, still our body in an upright position, and pay attention to our own breath, we give ourselves the quiet and safe space to become more aware of the tendency of our mind to be reactive, to daydream, to be distracted from the present moment. And every time we notice that our mind has slipped away from the *now*, we gently bring it back to our breathing, to our body, to the present moment (our breathing is *always* and *only* in the present!). This will be our practice, again and again. There is no *good* or *bad* meditation, there is no *good* or *bad* meditator, and no experience is necessary for these introductory sessions.

### *Moon Salutation Yoga*

**Description:** Moon Salutations are a counter balance to the Sun Salutations. It is an easy to learn sequence of Asana (movements) and Pranayama (breathing practices) to cool and calm the body. Traditional Sun Salutations enhance our inner fire and strengthen us as we prepare for life's obstacles, while the Moon Salutations cool us as we prepare for our journey of descent; going inward, uncovering our wisdom, creativity, balance and inherent intelligence, hence opening the path for enlightenment.

### *Meditations for a Stress-Free Holiday Season*

**Description:** Meditation for Stress Reduction utilizes breath and body awareness to learn to become less reactive and let go of judgments and expectations that cause stress in our lives. A 30 minute guided meditation followed by a brief talk and discussion.

### *Meditation for People of Color and Their Allies*

**Description:** The People of Color group is designed to offer a place of support and community where participants may learn to meditate or deepen their practice. It is also a place to explore Buddhist teachings and connect with spiritual friends. Each meeting includes a 30 minute guided meditation, followed by a dharma talk and/or group discussion. All who self-identify as a person of color, and their allies, are welcome, Buddhists and non-Buddhists alike, at all levels of meditation experience.

## N O P

### *Practicing Forgiveness*

**Description:** Forgiveness is healthy for your body, mind, and spirit. Resentment and grudges hurt you, not the other person. This session introduces two forgiveness practices that can free you from the past.

### *Prayers of the Heart (Sufi and Christian)*

**Description:** In any relationship, there is a time to talk and a time to listen. The prayer of the heart is a time to listen, to be receptive to the Beloved.

This session offers brief instruction in Sufi and Christian contemplative prayer, followed by the uplifting experience of group practice. Everyone is welcome. No prior experience needed

### *Progressive Muscle Relaxation*

**Description:** Progressive Muscle Relaxation will help you achieve a deep state of relaxation. It is particularly helpful in relieving muscle stress and chronic tightness in the key areas of our bodies where we typically hold onto stress. No previous experience necessary.

## Q

### *Quaker Silence - A Christian Contemplative Tradition*

**Description:** This workshop introduces a practice of contemplative silence developed by the Religious Society of Friends, otherwise known as Quakers. After some practice together, the workshop leader will describe the core Quaker testimonies of simplicity, peace, integrity, community, and equality.

### *Qigong Breathing*

(See High Powered Qigong Breathing)

## R

### *Restorative Yoga*

**Description:** What is Yoga? Yoga, meaning to "yoke," is a physical, mental, and spiritual practice that combines breathe with movement for greater relaxation and clarity of mind. This class will focus on slow, deep breathing techniques and meditative postures. No experience necessary.

## S

### *Sufi*

(See Dances of Universal Peace, Breath Awareness in Sufism, Prayers of the Heart (Sufi and Christian))

### *Sun Salutation Yoga*

**Description:** Experience wonderful new energy and a calm state of mind. Move gracefully and synchronize the breath with the movement. Sun Salutation is the simultaneous meditation of movement and breath: it connects us with our souls. This energizing sequence is performed in the morning as a kind of prayer of the body, expressing reverence for life while accessing the power and light of the sun. In the flow, we are focused in the present moment. Move slowly and mindfully to open and expand your heart.

## T

### *T'ai Chi*

**Description:** "[The] Chinese say that whoever practices T'ai-Chi, correctly and regularly, twice a day over a period of time, will gain the pliability of a child, the health of a lumberjack, and the peace of mind of a sage." — Cheng Man-Ch'ing and Robert Smith. T'ai Chi is...a martial art form, a method of spiritual cultivation, a moving meditation, the "Supreme Ultimate."

The practice of T'ai Chi provides a method to align body, mind, and spirit through movement. Join us for a *r-e-l-a-x-i-n-g* experiential investigation into the postures and movements of Tai Chi Ch'uan (Cheng-Man-Ch'ing Form). No experience is necessary.

Wear loose exercise clothing.

U V W X

Y

*Yoga, led by Ian Wittenmyer*

**Description:** This relaxed style of practice fosters a sense of connection with the present moment by placing emphasis on linking breath and movement. This class is for all levels.

*Yoga, led by Mina Jain*

**Description:** This free class is easy, effective, and enjoyable. No experience is required.

Z

*Zazen and Authentic Movement*

**Description:** Following an abbreviated Zazen session, participants will be introduced to Authentic Movement, a practice that deeply nurtures body-mind awareness. Authentic Movement, rooted in the intersection of Dance/Movement Therapy and Jungian Depth Psychology, has evolved in a unique discipline with its own integrity. The essence of the practice is grounded in the direct experience of one's body as a source of wisdom and the cultivation of an inner witness, which notices each unfolding moment with spacious openness, willingness and non-judgmental acceptance. The practice nurtures the capacity for compassion for self and others (Avstreich, 2013).

*Zazen, Zen Meditation* (See Mindfulness and Zen Meditation)