

The School of Life *with Stephen Cottee*

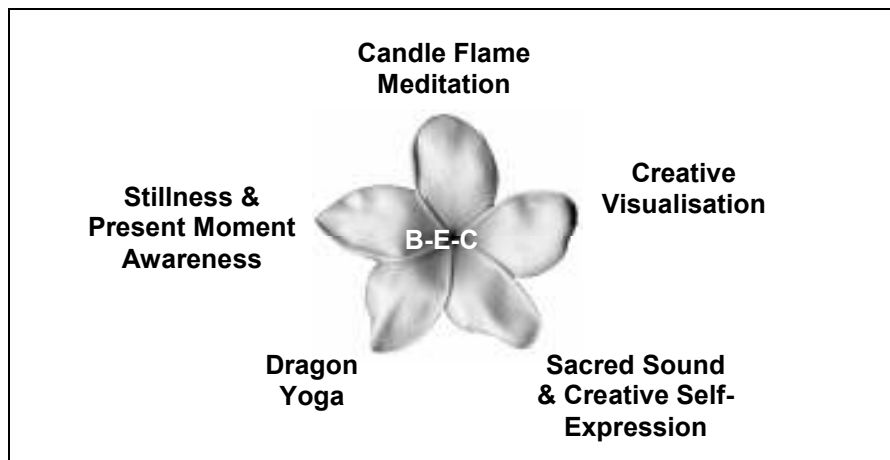
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www.schooloflife.com.au



Beginners Courses (Basic Training)

There are six Beginner level courses, each exploring a branch of meditation, yoga and relaxation. There are no prerequisites and courses may be completed in any order. Each course is self-contained and complete in itself.



★ Dragon Yoga

- Build your core strength
- Experience profound relaxation
- Correct body imbalances
- Develop mind-body awareness

★ Creative Visualisation

- Deep relaxation of body, heart and mind
- Develop intuition, creativity and imagination
- Learn the art surrender and discover how to let go at will

★ Stillness & Present Moment Awareness

- Experience inner space and silence
- Discover the beauty of your senses and the power of living in the now
- Become clear, focused, grounded, present and aware

★ Sacred Sound & Creative Self-Expression

- Liberate the power and magick of your voice
- Discover your inner beauty as your creativity blossoms
- Empowering, uplifting and enchanting

★ Candle Flame Meditation

- Become just like a candle... filled with warmth, light and a peaceful presence
- Includes a profound philosophy that demystifies psychology and spirituality

★ Breath-Energy-Chakra Meditation (Early Morning Intensive)

- The fastest way to establish a strong daily practice
- Energising, enlivening, uplifting and intoxicating

Intermediate & Advanced Training is available for students who complete all six Beginners Courses.