

TESTIMONIALS FOR AN EXPLORATION OF MEDITATION

“My first experience with meditation was in a small group with Carla leading. I was curious. The most profound thing I learned that first day was to breathe. Some mentioned that they caught themselves holding their breath. My first thought was I don't do that. I did find myself holding my breath when in stressed situations. I have learned to just breathe through those moments. Meditation is also teaching me to be aware and mindful. Thank you Carla. “

J.N.

“Due to stress in my life, I was not able to get much sleep. After attending 2-3 meditation sessions with Carla I am able to sleep on average 7 hours a night. Thank you Carla for the great gift of meditation. “

F.K.

"I have always been curious about meditation and thought it could be useful in dealing with stress in my life, so when I heard about Carla offering classes to explore what meditation is, I thought I'd give it a try. I have found her classes to be interesting, informative and most beneficial. As a regular attendee I have learned to cultivate and deepen my own meditation practice, which has enriched my life, and become an integral part of my personal and spiritual growth. I am a calmer, less reactive person and have gained enhanced perspective in my life. Carla's class is one of the highlights of my week and I have truly enjoyed learning from such an experienced, knowledgeable, and enthusiastic teacher and guide."

G.E.

I would say that the heart meditation being a part of my own journey is for sure a perfect addition. I would say it has helped me realize my own sense of who I am. And appreciate who I am in a very non ego kind of joyus way. And though I have always been somewhat of a calm person- learning the stillness and peace of the heart meditation has really taught me how to sit in that calmness and how to breathe in calmness. How to actually BE calmness.

B.B.

My story is like many of us- our shared likeness in weaving thru this life. I was always looking outward for the truths and strengths to deal with the challenges of change... the learning curves Life offers. I struggled with acquiring happiness, only left with empty efforts of mere attachment to people, places, and things. An Exploration of Meditation seemed a worthy try. After attending for a year now, I am grateful to have acquired a discipline to source the comfort of peace and strength from within. It has opened my awareness to embrace a greater connection to Life and enjoy more fully my purpose in it.

A.M.