



Edgar Cayce's A.R.E.[®]

Your Body, Mind, Spirit Resource Since 1931

Meditation Training and Mentoring Course with Meditation Master John Van Auken

February 18-21, 2021

Cayce's Gentle Stretches at Your Own Pace—Featuring JP Amonte, DC

Morning Exercises: <https://youtu.be/VX9F2wp-5ol>; Evening: <https://youtu.be/vrTS5CMhyO8>

Head & Neck: https://youtu.be/tuJE1YcV_8U

Please note: this class is held LIVE in Eastern US (New York) time.

This is the scheduled instruction time. You will practice the meditation techniques on your own and report back to John with questions and observations.

Thursday, February 18

4:00 p.m.–6:00 p.m. The Universal Laws Affecting Meditation

Friday, February 19

1:00 p.m.– 3:00 p.m. Dimensions of the Meditative Mind

4:00 p.m.–6:00 p.m. Secrets of the Body Temple

Saturday, February 20

1:00 p.m.– 3:00 p.m. Guided Meditation with Training

4:00 p.m.–6:00 p.m. Supplemental Techniques

Sunday, February 21

1:00 p.m.– 3:00 p.m. Guided Meditation with Supplemental Techniques

4:00 p.m.–6:00 p.m. Teaching Meditation, Keeping a Regular Practice, Staying Centered

Thank you for joining us! Please note: end times are approximate; due to live nature of this event, schedule may vary and will be determined by class progress.

