

Amba Yoga Center Presents:

# No Other Place Than Here

**Being Awake to Your Own Life**

**Meditation & Mindfulness for a Busy World**

**A 3 Series Course with Ken Taub**

**Tuesday Nights at 8 PM  
Starting September 16, 2014**

**FIRST SERIES:** September 16, 23, 30, October 7, 10, 21

**SECOND SERIES:** November 11, 18, 25, December 2, 9, 16

**THIRD SERIES (2015):** January 13, 20, 27, February 3, 10, 24

## **WHAT WE WILL DO TOGETHER:**

Zen-style Meditation

Guided Meditations

Breath Work & Relaxation

Learn Everyday Mindfulness

Talks & Discussions

Transform Anxiety

Experience Letting Go

Go from Distraction to Awareness

Increase Self-acceptance

Decrease Self-imposed Stress

**Each class:** 1 ½ hours on Tuesday nights, 8-9:30 p.m. It is suggested that you do your best to attend at least 5 of the 6 classes in each course. No drop-ins please.

**Cost:** \$125 per 6-class series, \$330 for all three series (pre-paid). 8 people minimum per course and 16 people maximum (if there are less than 8, that series will not be given).

**About Ken Taub:** Ken is a longtime student of Asian Philosophy, particularly Zen Buddhism. He received his degree in Chinese Studies at UC San Diego, and is the author of Waking Up in America, a metaphysical memoir and book of insights. Contact Ken at [kenja@optonline.net](mailto:kenja@optonline.net)

