

Milton Meditation Centre 2019

It's your life. Maximise it.

This year we're stepping it up. We want to encourage and support as many people as possible to gain the greatest possible benefit from our programs. The programs and fees are structured to promote and reward commitment. Instruction by Peter Coroneos, specialist teacher and 40+ year practitioner.

PROGRAM OPTIONS

Walk-in rate group meditation program, no prior booking necessary

\$35 per 90-min session (includes access to audio recording for that session for later review)

Commitment level: 1

6 session pass group meditation program \$180 (value \$210)

Includes session audio recordings

Commitment level: 2

12 session pass group meditation program \$330 (value \$420)

Includes session audio recordings

Commitment level: 3

Annual subscription \$995 (maximum development)

- Includes minimum 20 x 90 minute group programs (value \$700+)
- One private 60 minute consultation (value \$145)
- Three hour 'Immersion' workshop (value \$249)
- Access the entire audio library 60+ one hour sessions (value \$300)

Commitment level: 4

Total value \$1395+ save \$400.

Pay upfront or \$19 weekly by direct debit.

15 day supervised program \$449

Commitment level: 3

- Initial private instruction - initiation into 'Core Practice' technique
- 2 x weekly private follow up sessions
- 15 day total training period = 3 x 90 min sessions

6 week mentored program \$849

Commitment level: 4

- Initial private instruction - initiation into 'Core Practice' technique
- 5 x weekly private follow up sessions
- 45 day total training period = 6 x 90 min sessions

60 minute consultation \$145

Commitment level: 2

One-on-one session to identify any barriers in your current practice or specific stressors that may be inhibiting your development. Advice to accelerate and deepen your authentic experience of Self.

SereneMind \$299

Commitment level: 3

Designed to help counter stress and anxiety. Pre- and post- stress assessment to demonstrate your progress. Two 90 min. sessions.

Executive program (Price on Application)

Commitment level: 4

Build a Leader's Mind

- personal coaching from a former high profile executive leader
- scheduled private sessions at mutually convenient times
- take a strategic approach to career building, survival and excellence
- develop and sharpen high value insight and empathetic skills

SleepEasy \$199

Commitment level: 2

- Counter pre-sleep or 3am "busy mind" syndrome
- Instruction in the highly effective yogic "sleep inducing breath"
- Basic do's and don'ts for deep restful sleep
- Includes free sleep audio track guided practice.

Deep Yoga Nidra (yogic deep sleep) \$149

Commitment level: 2

- Initial private instruction - initiation into "authentic yoga nidra"
- Combines visualisation, breath and chakra activation
- Powerful relaxer for the deeply stressed
- Includes free, take-home guided audio track.

WORKSHOPS

'Immersion' workshop \$249

Deepen your practice, accelerate your progress. Includes workbook/practice notes. Three hour program. Date to be confirmed.

'Practical Tantra' workshop (non-sexual) \$349

Instruction in eight powerful tantra yoga techniques. Transform your everyday experience of life by incorporating time tested methods to access heightened states of consciousness, extended bliss and profound insights. Suitable for beginner, intermediate and seasoned meditators alike. Group size limit of 12. Four hour session. Includes workbook/notes.

'Meditation for Creativity' (Price on Application)

Corporate or schools workshop to boost creativity and problem solving using specific techniques to tap into latent abilities and activate insight.

Team Builder program (Price on Application)

Turbocharge your team with a corporate wellness, high performance approach to keep them on top of stress and performing at peak levels for extended periods without burning out. This is resilience training combined with problem solving, tapping into insight and building the neurological reserves of champions. Create a culture of teamwork and mutual support. The business case is well established. That's why Fortune 100 companies are embracing workplace meditation and mindfulness programs. You can too.

AUDIO LIBRARY SUBSCRIPTION

\$300 per year (less than \$5 per program) Access 60+ episodes averaging 1 hour duration of previous group sessions. Themed topics cover a wide range of techniques, guided practices and answers to questions. Great way to build up your understanding of how and why the methods work, as well as advice how to apply our refined practices to life situations. These sessions will put you back in the driver's seat of your life. The conversational approach makes subtle teachings understandable and provide information and the means to apply it.

YOUNG ADULTS

Teen Stress Management and Study Performance program

- Counteract the effects of digital device use on attention with techniques designed to fortify concentration, retention (memory), attention and focus
- Build stress resilience and management skills before stress becomes problematic; dissipate existing stress
- Creativity and problem solving techniques
- Self esteem and self image issues management by application of yogic principles relating to nature of ego and Self
- Seeing problems in perspective
- Additional study skills and tips for high performance study and learning
- Individual or small group sessions available

COUPLES DISCOUNTS

Your partner is your new meditation buddy! 15% off for partners when they attend session or course with you. Applies to all training programs.

IMPORTANT NOTICE

Correct as of 1 January 2019. Subject to change without notice. The programs and courses are not intended to replace conventional therapies, nor do we make any specific therapeutic claims in relation to the services offered. Benefits stated are indicative only and will vary according to individual. The material in this brochure is copyright and may not be reproduced or transmitted in any form without our express prior consent.

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