

# Welcome!



LOTTERY FUNDED

## Set Up Your Picnic...

Before setting up, have a quick look at one of the **posted maps** to familiarise yourself with the location of the port-a-loos, **first aid point** and the activity areas. Then go and set up your picnic. Choose a place in one of the **designated Picnic Areas only** to ensure our judges are able to find you!

## What to Do at Meditation in the Park...

Meditation in the Park is similar to a village fête with many activities from which you can choose to create your own day. Some are continuous throughout the day, such as the Food Tastings and Continuous Meditation areas. Others, such as the Nature Tours and Yoga activities are at specific times. Refer to the schedule below and **activity descriptions on the reverse** for details. Unless otherwise indicated activities run for about 20 minutes.

## Picnics and Prizes

Be sure your picnic has been judged before you eat it! The categories include: Most Delicious Healthy Picnic, Best Homemade Picnic, Best Picnic Made by Children, Best Picnic Presentation, Best of British Picnic, Best International Picnic and Best Collaborative Picnic. Prizes will be awarded **after the group meditation**.

## Meditation in the Park 2011 Schedule

Area	A	B	C	D	E	F	G	
12:00 pm				Warm ups			Poi	
12:30 pm	Children's Yoga	Power & Poise	Sun Salutations	Continuous Meditation	Yoga for Sleep	Fruit Meditation		
1:00 pm	Meditation in Motion	Guided Relaxation	Breathe & De-stress		Silver Age Yoga	Yoga for Cyclists	Nature Tour 12:45 - 1:30pm	
1:30 pm	Children's Yoga	Sat Kriya Meditation	Sun Salutations		Yoga for Sleep	Fruit Meditation		
2:00 pm	Meditation in Motion	Power & Poise	Breathe & De-stress		Men's Masterclass	Yoga for Digestion	Walking Meditation 2:00 - 2:45 pm	
2:30 pm	Children's Yoga	Guided Relaxation	Sun Salutations		Silver Age Yoga	Yoga for Cyclists	Nature Tour 2:15 - 3:00 pm	
3:00 pm	Children's Guided Visualisation	Sat Kriya Meditation	Breathe & De-stress		Women's Masterclass	Fruit Meditation	Poi	
3:30 pm - 4:15pm			Group Meditation Followed by Prizes!					
4:15 pm - 5:00 pm			Kundalini Yoga with Guru Kaur					

**Event descriptions on reverse**

## Other Important Information

Volunteers will be making their way around the site at regular intervals to collect rubbish. Recyclable materials will be collected separately. All Meditation in the Park staff and volunteers are **wearing green sashes**, and will be happy to help with any queries.

From all of us here at Meditation in the Park, have a wonderful day!

# Meditation in the Park 2011 Activities

## Children's Activities

Children (and parents too) buzz like bees and grow like trees to stimulate, stretch and relax at **Children's Yoga**. Create an elaborate meditative dance by connecting movement and sound at **Meditation in Motion**. Harness the power of young imaginations to go on a wonderful and relaxing journey in the **Children's Guided Visualisation**.

## Meditation and Yoga Techniques

### Power & Poise

Learn two simple and incredibly effective yoga postures to build strength, cleanse the body and create clarity in the mind.



### Sun Salutations / EZ Sun Salutations

Sun Salutations are a series of postures that flow into each other and serve to wake up, stretch, and circulate fresh oxygen throughout the body, especially first thing in the morning. Join this workshop to learn two versions of Sun Salutations - one regular version and an easier alternative.

### Guided Relaxation

Let the tension melt from your body as you are guided through a deep relaxation aided by the sound of our resident birdsong chorus. Afterwards, be surprised at how much more alive and beautiful everything has become...

### Breathe & De-stress

You dramatically improve your quality of living when you improve your breathing. Through this workshop you'll gain a tool chest of simple and powerful breathing techniques you can use to gain clarity in many of life's challenging situations.



### Sat Kriya Meditation

A simple but powerful exercise with almost no movement but which wards off illness, eliminates fatigue, remedies sexual frustration, sharpens the mind and gives your eyes that brilliant, healthy shine.



## Poi & Walking...

### Nature Tour of Stave Hill Ecological Park

Come along for a leisurely 45 minute tour, to learn what makes this unique woodland and ecological environment so special.

### Walking Meditation

Transform your routine perambulations into a soothing meditative practice. The 45 minute session consists of light warmups, about 20 minutes of walking, warmdowns and a brief guided relaxation.

### Poi

Performance art in which balls, suspended from a length of flexible fabric, are swung in circular patterns. Come have a blast learning the techniques to put the body in rhythm.

## Special events...

### Continuous Meditation Drop-in: Kirtan Kriya

This meditation uses basic sounds and the pressing together of fingertips and thumbs to stimulate the brain. Medical research has confirmed its powerful effect in reducing stress and improving memory. Read the detailed instructions posted and join in for however long you wish. Stay for 3 minutes to get a taste, or 31 minutes (or more!) to have a powerful experience.



### Yoga for Cyclists

Discover techniques to stretch and strengthen the muscles, nerves and joints that are often neglected. Learn how to create a balance that will help you enjoy cycling even more.

### Silver Age Yoga

Learn easy and effective techniques to live and move with ease so that you may share your experience and wisdom through the second half of life.

### Yoga for Sleep & Yoga for Digestion

How well you sleep and how effectively you digest your food are two of the biggest factors in how well you live. Learn the important facts and basic yoga and meditative techniques to improve these two cornerstones of everyone's lives.

### Fruit Meditation

Try this challenging and incredibly enjoyable 11 minute meditation after which you'll experience eating a piece of fruit like you never have before. Fruit is provided, but feel free to bring your own.

### Men's & Women's Masterclasses with Guru Kaur

Gain insight into what school never taught you about the nuances of life as a man and a woman. Learn the yoga and meditation techniques to best care for the particulars of your physical and mental anatomy.

## Food and Creativity...

Taste a variety of fine **cheeses, breads, and olives** and learn about how they are made; and what makes each unique at the **Food Tasting** tent.

Taste and learn about different grains and ingredients that go into **Muesli** and come up with a combination that is healthy AND delicious at the **Food Tasting** tent.

Make your own refreshing smoothie and let the littles discover new tastes at **Fruit Smoothie Making**.

Add some festivity and colour to your day by making your own **Flower Garland**.

Children (of all ages) create and decorate cut-out models of animals and other nature related delights at the **Children's Craft Table**.