

The Foundation for Integrative Meditation presents

Integrated Tantra

Ancient practices for modern times

A Meditation Retreat with Lee Lyon

Sunday, October 26th

Spandarama Yoga Studio
Santa Fe, New Mexico

10 am -1pm / 2:30-5:00 pm

\$100 early registration by 10/10
\$125 after 10/10

Please call to register for this
very special event.
Space is limited.

505.989.1288

About Lee Lyon and Integrative Meditation

Lee Lyon has taught meditation to over 10,000 people worldwide.

Before he died in 1982, Baba Muktananda asked Lee and others to help bring the Tantric teachings of Kashmir Shaivism to the west. Shaivism has a long tradition of embracing and integrating new ideas and Muktananda encouraged Lee to follow in that tradition. Over the last 30 years, Lee has integrated Tantric practices with the best of western psychology, creating Integrative Meditation.

Integrative Meditation is a process; a body of teachings that works through a sequence of meditations and exercises that connect us with the very deepest pulse of life. These meditations also help us learn to bring a gentle, powerful awakened awareness to every aspect of our lives. With these practices, we learn to use even our most

complex emotions as a gateway to true freedom. The Tantric tradition is one of embracing all that life presents us.

Integrative Tantra, the focus of this retreat, melds this ancient wisdom with the best of contemporary western insights to help us recognize and experience our greatest freedom.

SPANDARAMA
ARUNATA YOGA