

# meditation

## SPONTANEOUS MEDITATION

Spontaneous Meditation is a natural and simple technique of consciousness that strengthens and supports both the mind and body to enhance health and well-being. This technique is not based on concentration, contemplation, or manipulation of the mind. During meditation the mind is spontaneously opened to and nourished by the underlying field which is the infinite source of energy, intelligence, and bliss. Spontaneous Meditation connects one to the wholeness of life, improving all aspects of health and wellness. In this program you will also learn a breathing exercise.

**FREE talks on “Spontaneous Meditation and Ayurveda”** occur monthly!

(Pre-registration is not required for these Free talks)

**September 27 | October 25 | November 29 | 5:30-6:30pm**

**Spontaneous Meditation Group Instruction** is taught monthly in three sessions:

The three sessions in September are:

**September 5, 4:30-6:00pm    September 6, 4:30-5:30pm    September 12, 4:30-5:30pm**

The three sessions in October are:

**October 3, 4:30-6:00pm    October 4, 4:30-5:30pm    October 11, 4:30-5:30pm**

The three sessions in November are:

**November 7, 4:30-6:00pm    November 8, 4:30-5:30pm    November 14, 4:30-5:30pm**

The three sessions in December are:

**December 5, 4:30-6:00pm    December 6, 4:30-5:30pm    December 12, 4:30-5:30pm**

**\$250** (payment is due in full at first session) *Covered by the OSU Flexible Spending Account!*

**To register, call 614-293-9777**

Ohio State Center for Integrative Health  
2000 Kenny Rd, Columbus, OH 43221  
(next to Ohio State's Martha Morehouse Outpatient Care)

**For more information: [wexnermedical.osu.edu/integrative-health](http://wexnermedical.osu.edu/integrative-health)**

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**About the Instructor:** Hari Sharma, MD, DABIHM, FACN, DABP, FCAP, FRCPC, has been practicing Ayurveda at Ohio State Integrative Health since the inception of the Clinic. In addition to practicing Ayurveda, he has been teaching Meditation and Pranayama (Breathing exercises) for many years. Dr. Sharma is certified by the American Board of Integrative Holistic Medicine. He is a Fellow of the American College of Nutrition, a Fellow of the Royal College of Physicians of Canada, and a Fellow of the National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India. Dr. Sharma is Professor Emeritus and former Director, Division of Cancer Prevention and Natural Products Research, Department of Pathology, College of Medicine, at The Ohio State University.

