

# 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 Introductory talk on “Spontaneous Meditation and Ayurveda”**

(Pre-registration is not required for this Free talk)

Date and time for this talk: **January 22, 2025, 5:30-6:30pm**

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

### **The three sessions in December 2024 are:**

December 3, 4:30-6:00pm; December 4, 4:30-5:30pm; December 10, 4:30-5:30pm

### **The three sessions in January 2025 are:**

January 7, 4:30-6:00pm; January 8, 4:30-5:30pm; January 14, 4:30-5:30pm

### **The three sessions in March 2025 are:**

March 4, 4:30-6:00pm; March 5, 4:30-5:30pm; March 11, 4:30-5:30pm

Fee: **\$250** (payment is due in full at the first session)

Note: This is eligible for the OSU Flexible Spending Account and the OSU Lifestyle Spending Account!

To register for **Spontaneous Meditation Group Instruction**, call **614-293-9777**.

The instruction takes place at:

### **Ohio State Center for Integrative Health**

2000 Kenny Rd, Columbus, OH 43221

(next to Ohio State’s Martha Morehouse Outpatient Care)

The instructor is **Hari Sharma, MD, DABIHM, DABP, FCAP, FRCPC**. Dr. Sharma has been practicing Ayurveda at the Ohio State Center for 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 National Academy of Ayurveda, Ministry of Health and Family Welfare, Government of India, and a Fellow of the Royal College of Physicians of Canada. 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.