Self-Development

An Introduction to Spiritual Meditation
Paul Holden PTLLS CGMA

Workshop 11 October
Friday 10am – 1pm

Course code: 19TON406 Course fee: £25

This is a revised version of a course held in 2016. Limited places are available.

Meditation is a proven, effective, systematic method used in many spiritual traditions for cultivating and integrating mind and body. This practical workshop explores meditation principles and potential contributions to personal spirituality through three meditative techniques - Mindfulness, Focus and Taoist.

The workshop will begin with a presentation of basic principles and aims of meditation, highlighting key attributes of this fundamental human activity. We will discuss the objectives, principles and strengths of the three meditative techniques of Mindfulness, Focus and Taoist, followed by a representative practise of them.

Outlines of the historic, religious and philosophic background of each approach will provide students with context to consider the contemporary interest in meditative practices and relevance of meditation to their own situation.

To conclude, students will consider experiences, and may seek advice on continued practise and further developments in the field.

Additional information
Students should wear shoes with flexible soles and comfortable clothes to keep warm while sitting meditating and to allow mobility in light preparatory, mindful movement.

The course is suited to a range of people from those exploring meditation for the first time through those interested in reviewing core principles, alternative approaches and spiritual cultivation.

Intended learning outcomes
- to understand the potential of meditation as a spiritual endeavour.
- to illustrate some of the roots and purposes of meditative practise.
- to identify basic principles of meditation and how they are applied.
- to learn contemplative skills of mindfulness, focus, and personal transformation.
- to gain insight of 3 meditative approaches to adapt to personal needs/preferences.

About the tutor
Paul Holden has held a lifelong interest in approaches to mind and body cultivation and has explored Far-Eastern approaches for over 35 years. His passion and deep study of Chinese exercise regimes, internal martial arts and culture over the last 20 years has inspired him to teach others. He has openly shared his deep study in Tai Chi and Qigong with students over the last 10 years and is a respected senior instructor and disciple in the Lam Association community. Paul continues to study Chinese Medicine and Taoist Philosophy to deepen his understanding of the practises he teaches.
How to book a place
These courses are usually very popular so you are advised to apply as soon as possible. Places cannot be held without payment of the course fee.

- **Online Booking is preferred.** Please visit www.kent.ac.uk/tonbridge
- **By post** to us at the address below, using the application form in the programme booklet. Please note that you will not receive an acknowledgment of your paper application; your payment will usually be processed when the course becomes financially viable, otherwise we will notify you of cancellation approximately seven days prior to the course. A paper application affirms acceptance of our terms & conditions.

Course cancellation
As these short courses are self-financing, each course can only proceed if there are sufficient enrolments. Therefore, if a course is cancelled due to insufficient enrolments we aim to notify applicants approximately one week before the course start date; if there is no suitable alternative course, we will refund the appropriate course fee in full. The University of Kent reserves the right to cancel a course for this or any other reason in which case the relevant course fee will be refunded in full. We advise that you do not buy books or other course materials until that particular course is confirmed as taking place: please contact us if you are unsure.

If you find it necessary to cancel your place on a course, please let us know as soon as possible. Refund requests, including the reason, should be made by email or in writing to us at the address below. We reserve the right to retain all or part of the course fee if you request a refund after 14 days of your online booking being made or paper application being received. Discretionary, partial refunds may be made, after the deduction of an administrative handling fee as follows:

- a course fee of up to and including £42 will incur an administrative handling fee of £10.00
- a course fee of £43 and over will incur an administrative handling fee of £12.50.

The University reserves the right to:

a) exclude any student if the student’s presence is making it difficult for the class to function properly
b) cancel or amend the length of any course if the circumstances so warrant.

Neither the University of Kent, nor its staff, can be held responsible for any damage, loss or injury, however sustained, suffered by participants attending courses. Insurance is the student’s responsibility.

University Centre Tonbridge
For details of our other courses, news, events and location visit www.kent.ac.uk/tonbridge.

- Parking. There is plenty of public pay and display car parking locally, but please note that only selected car parks permit parking in excess of four hours; detailed information is available from www.tmbc.gov.uk. No parking is available here on site.
- Refreshments are not provided; food and drink can be purchased from any of the nearby café outlets - we are closely situated to the High Street and town centre. A hot drink vending machine is usually available on the ground floor of this building.

Mailing List and data protection
Those attending our courses are automatically added to our database and kept informed about new courses. This information is not released to outside organisations. Please write to us if you do not wish your details to be kept on our database.

**Please contact us if you have any queries or would like to register your email address to receive our course information updates. We look forward to welcoming you here soon.**

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