General information

The course ‘The meditation of life’ aims at better and healthier functioning as a human being. We value the balanced development and integration of our entire being, cultivating our emotional, moral, spiritual and mystical aspects and how they are interconnected and influence each other. Our approach is methodical, safe and self-evidence based on concentration, breathing, observation, visualization and scientific principles.

Location: external location (tba).

Starting Date: 3 times per year

Duration: 1 time per week 90 minutes during 6 weeks.

Lesson time table: Thursdays between 18h00-19h30.

Clothing: comfortable clothes.

Costs: €10,- (non-sports cardholders €20,-)

Enrolment procedure: you can register by going to our website, log on and go to ‘course registration’. Registration is open 2 weeks before the starting date on Mondays around 12:00.

Extra:

For questions about the course, you can contact Miss Manon van Lint, coordinator courses: e-mail: ssccursus@tue.nl tel: 040-247 5002