

New Zealand Community for Christian Meditation



Online Essential Teaching Series March/April 2025

Have you been meditating in the John Main tradition for more than a year?
Would you like to grow in your understanding of your own meditation practice?
Do you feel you would like to share the gift of meditation, and would you like
some encouragement and support to do this?

The Online Essential Teaching Series will run for six Saturdays from 3pm to 5pm
using Zoom. Dates for March/April will be advised early in the New Year.

We will explore the history of meditation and help you to arrive at a deeper
insight into what the experience of the practice means to you. We will also look
at the background of the tradition, the essential practice, and the psychological
aspects of the journey.

The cost is \$40 for the series, subsidies are available.

**For any queries, or to book your place, please contact
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