



INNER PEACE



**21 DAY
ONLINE
MEDITATION
COURSE**

WHAT IS THE AIM OF THIS COURSE?

The aim of this course is to help you feel and function better by introducing you to a variety of authentic meditation practices and wisdom from highly regarded spiritual teachers. It aims to support you in implementing these practices consistently, leading to a more peaceful and joyful life.

WHO IS THIS COURSE FOR?

This course is for people with little or no meditation experience looking to find a technique that works for them. It is also for those with meditation experience who wish to improve consistency and explore new practices and concepts.

WHY THIS COURSE?

- There are many meditation apps and online courses available, but this course provides you with a real-time teacher to adapt to your individual needs, rather than pre-recorded classes.
- The numbers of the class will be kept to a minimum, allowing you plenty of individual attention and time for questions. You get the benefits of a private lesson, without paying the high price. I will also be available to answer questions outside of class times by WhatsApp.
- We will be focusing on self-sufficiency. Rather than simply guiding you through meditations, the focus will be on teaching you full practices so that you will remember them and be able to use them every day of your life.
- You can be sure of the authenticity of the practices and teachings on this course. I have travelled around in India, Nepal, Sri Lanka and Thailand, searching for genuine spiritual teachers and experiences. Where I found authenticity, I stayed and learned.
- All of the practices and knowledge that will be passed on are available to anyone willing to seek them out, travel where necessary and put in the time. However, if like many people you are short on time, this course will give you a summary of my experience and some of the most essential practices and teachings I've learned on my travels.

WHAT WILL YOU GET FROM THIS COURSE?

- You will learn a carefully selected set of meditation practices that are easy to slot into your everyday life. This will include some gentle mobility exercises to allow you to sit comfortably for meditation.
- You will explore meditation from the perspectives of modern science, eastern spirituality and most importantly, from your own lived experience of the practices.
- You will also learn about various helpful spiritual concepts and how to apply them correctly.
- Daily access to a real-life teacher to help you as you develop the new practices that you learn.

WITH CONSISTENT PRACTICE AND APPLICATION, THESE TOOLS WILL:

- Help you to develop a deeply satisfying sense of peace within yourself
- Improve your physical and mental health
- Allow you to remain calm in stressful situations
- Bring more awareness into your day; instead of being on auto-pilot, you become more conscious of your thought, emotional and behavioural patterns and change them over time – act, don't react
- Change your relationship with your thoughts and emotions in a way that will allow you deal with them and other people more joyfully, compassionately and effectively
- Improve mobility and comfort of hips and lower back
- Increase energy levels, sleep quality and decrease sleep needs
- Improve concentration and breathing
- Decrease stress, anxiety, overthinking and cravings

WHAT WILL THE COURSE LOOK LIKE?

The course will run for 21 days and will consist of 3 main elements.

- Once a week, there will be a 1 hour group class by video call. This will include teaching of a new meditation practice each week, explanations, discussion, and time for any questions that may arise.
- Throughout the course, studies, articles and other reading material relating to meditation will be made available to the group. This element is optional, not essential, but it would increase your intellectual understanding of the practices and your experience.
- You will be added to a WhatsApp group, with myself and the other participants, where you will be able to ask questions as they arise outside of class times. Asking your questions can help other participants, so I encourage you to do so. However, if you feel shy or that your question is too personal, you are welcome to message me privately on WhatsApp. We will also use this group for daily accountability check-ins, to support you in being consistent with your new practices. Consistency is the key to experiencing the full benefits of meditation.

These practices have had an amazingly positive effect on my experience of life and I look forward to sharing them with you,

Eoghan 😊

Cost: The course will cost €150

Time Commitment:

30 mins of practices each day, 1 hour of class each week.
(Coursework/Reading optional)

SOME WORDS FROM PAST PARTICIPANTS:

Eoghan helped to create a relaxed, welcoming atmosphere throughout the course. Really appreciated the check-ins and felt Eoghan was extremely approachable and professional. He managed to create a sense of community between us all in a short space of time. Would definitely recommend this course to anyone who's interested in practising meditation. Can't wait to continue my own practice. Thanks-Kate

Flo's review: learning these practices and instilling them in my daily routines have helped me massively both physically and mentally. Nobody has ever explained these esoteric practices in such a matter of fact way therefore they instantly make sense and are incredibly easy to instill in your mindset and become part of your daily routine. The results after 3 weeks are undeniable and improve your position in life and how you carry yourself forward. I have found them life changing and will continue to use them for the rest of my life. Thank you ☑

The meditation course I did with Eoghan was great, after meditating daily for about 2 years I had lost some consistency. The course helped me to get develop the good habit of doing the practice every morning again. Eoghan broke the practices down in terms that were easy to understand which was great. I also enjoyed the weekly group check in calls. Highly recommend to anybody new to meditation or looking to refocus and get the most out of their practice. Sean B

