Interested in having a formal meditation practice but want guidance?

This interior practice series is designed to support yogis in developing or deepening a daily practice of sense guarding, concentration, meditation, and mindfulness. It invites students into carefully-sequenced guided practices ranging from exploring the senses, drawing attention inward, developing single-pointed focus, calming fluctuation of the mind, settling emotional reactivity, accessing attentive presence, cultivating compassion and lovingkindness, to resting in equanimity and inviting wisdom. The series consists of 15 morning practices guided by Dr. Brems, with opportunities for didactic support and Q&A debriefing. The sessions build upon each other and it is recommended students attend all practices in sequence. Classes will be recorded to support students’ ability to make up missed sessions.

For more information and registration please visit our website at yogaxteam.com or send us an email at yogaxteam@stanford.edu