



Actively Calm

With Gita Matlock

Conscious Caring

Meditation for Humanitarians

Flow Learning

In this workshop, we will use the Flow Learning method, first developed by world renowned nature educator, Joseph Cornell. This model for education has the power to develop wisdom, rather than knowledge; wisdom born from experience. This workshop can be tailored for different lengths from a 2 hour mini workshop to a five morning class series.

The FLOW LEARNING sequence:

- Stage One: Awaken Enthusiasm
- Stage Two: Focus Attention
- Stage Three: Offer Direct Experience
- Stage Four: Share Inspiration

Weekday Morning Series

This flexible three to five day morning series will introduce participants to a well rounded meditation practice, including tools for concentration, stillness, rejuvenation, and deep relaxation. Each 90 minute class is broken into three segments: 1) Learn 2) Practice and 3) Reflect.

Sample Schedule

Day 1: Benefits & Basics of Meditation
Practice: Energization, Counted Breath

Day 3: Energy & Concentration
Practice: Energization, Affirmation

Day 2: Breath & Body
Practice: Hong Sau Technique

Day 4: Deep Relaxation
Practice: Restorative yoga, visualization

All Day Workshop

This 6 hour workshop moves between instruction, practice, and reflection throughout the day to maximize experiential learning.

Sample Schedule

- 8:30 a.m. Benefits and basics of meditation
- 9:30 a.m. Guided practice
- 10:30 a.m. Break
- 11:00 a.m. Breath and energy, the key to stillness and vitality
- 11:30 a.m. Reflection activity
- 12:00 p.m. Guided practice
- 12:30 p.m. Lunch break
- 1:30 p.m. Affirmation, how to change thought patterns
- 1:45 p.m. Affirmation activity & guided practice
- 2:30 p.m. Reflection & closing

Credentials

Gita Matlock is an author, humanitarian, nonprofit professional, and lifelong meditator. She has been a practitioner of [Kriya Yoga](#) since 2003 and is a certified meditation and yoga instructor. She received her bachelors in International Studies from Pepperdine University and her masters in Nonprofit Administration from the University of San Francisco. She has spent more than fifteen years in leadership positions with several notable humanitarian and social service organizations, namely CARE, International Medical Corps, and United Way.

Gita was born, raised, and now resides with her husband and two children at [Ananda Village](#), the first of eight cooperative Kriya Yoga communities founded by [Swami Kriyananda](#), a direct disciple of [Paramhansa Yogananda](#). Today, Gita is dedicated to uplifting consciousness through her service to humanity and her family.



Workshop by
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