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## **FOR IMMEDIATE RELEASE**

### **TV STAR PADMA TO HOST TEACHER TRAINING AT SEMPERVIVA**

Padma – Marla Stewart – one of Canada’s leading meditation teachers and host of TV shows such as Blissful Living and Modern Meditations will be teaching her unique, secular meditation teacher training program at Semperviva Yoga College in Vancouver this spring, and in Toronto in the fall of 2012.

Workshops in Vancouver will take place between April 13 and June 5, 2012 offering students the opportunity to become certified Meditation Teachers. This is the only certified meditation teacher training program of its kind in Canada, so register soon to avoid disappointment as it will sell out fast! The program will be offered at Tula Yoga in Toronto in October of 2012.

#### **WHY MEDITATION?**

Meditation is becoming more and more mainstream and finding its place as the natural next stage of yoga. As our lives get busier and more stressful meditation is there to offer an antidote and is becoming commonplace in the corporate world.

#### **WHY BECOME A MEDITATION TEACHER?**

Taking this unique, high-quality meditation teacher training program will enhance your inner strength and calm, allow you to achieve a sense of freedom, have focus, and be excellent leaders in any field. Padma designed this inspirational program to offer more people the chance to learn meditation, and then to be able to share this life skill with others. If you are already a qualified yoga teacher this meditation course will allow you to go deeper in your practice and add new skills to both your life and resume. If you are someone who already enjoys and benefits from meditation this course will let you share your passion and the multiple benefits of meditation with others.

#### **WHY PADMA MEDITATION TEACHER TRAINING?**

Padma offers a personally authentic, secular approach to teaching meditation, outside of any one particular denomination, revealing the benefits of meditation as a way to access deep, real joy. Padma developed this program after 30 years of yoga and 25 years of advanced meditation study. It is soundly based in classical meditation and yogic wisdom, as well as designed to suit modern culture. The program includes AdvaitVedant and Yogic thought, plus Buddhist philosophy and many meditation skills.

Padma is available for interviews. For more information or to contact Padma directly please email: [workshops@padmayoga.ca](mailto:workshops@padmayoga.ca) or call 604.850.4799 to set up an interview.

Register for the spring Meditation Teacher Training at [Semperviva Yoga](#).