

2019 Meditation Programs

Dr. Alan R. Post



Dr. Post's presentations are free to the public

Meditation: A New Year's Resolution for Revelation

In this busy, fast-paced world, peace seems like an elusive commodity. Dr. Alan R. Post; chiropractic physician, long time meditator and contributing author to "Meditation as Medication for the Soul" by Rajinder Singh, will share a simple, effective meditation technique that can help us experience inner peace. Dr. Post has been practicing meditation for over 40 years and will share an ancient, simple, and effective Meditation practice that can help facilitate ones personal transformation. Join us for this inspirational meditation workshop and start the New Year on the right track!

Wed, January 9th, 6:30pm Maury Loontjens Library, 35 Kingstown Rd, Narragansett - 789-9507

Wed, January 16th, 6:30 pm, Cumberland Public Library, 1464 Diamond Hill Road - 333-2552

Sat, January 26th, 2:00pm, S. Kingstown Library, 1057 Kingstown Rd. Peace Dale – 789-1555

Wed, February 6th, 6:30pm, Westerly Public Library & Wilcox Park, 44 Broad St – 596-2877

Wed, February 13th, 6:00pm, Newport Public Library, 300 Spring Street, Newport - 847-8720

Wed, February 27th, 6:30pm, Barrington Public Library, 281 County Road, Barrington –247-1920

Meditation for Brain Health

Scientists are learning more and more about how meditation benefits brain health and fosters a sense of well-being. Studies show that meditation prevents many illnesses and reduces stress. Psychological advantages include reduced anxiety and irritability, a decrease in depression, and an increase in memory, learning capabilities, and emotional stability. Join Dr. Alan Post, chiropractic physician and long-time meditator, who speaks regularly on this topic. Dr. Post will also share an ancient, simple, and effective meditation technique.

Wednesday Feb 27th, 6:30 pm Barrington Public Library 281 Country Road – 247-1920

Wednesday March 20th, 7:00 pm Coventry Public Library 1672 Flat River Road – 822-9104

Meditation for Health & Wellness

Meditation is being prescribed by many medical practitioners and has been widely recognized as a means to enhance one's health and reduce stress. Throughout the nation, meditation has become a positive force for health and wellbeing. Join Dr. Alan Post, long-time meditator and contributing author to *Meditation as Medication for the Soul* by Rajinder Singh (published in five languages), for this lively and engaging workshop. There will be a chance to practice this technique.

Wednesday March 6th, 6:30 pm W. Warwick Public Library 1043 Main St. - 828-3750

Wednesday March 13th, 7:00 pm Clark Memorial Library 7 Pinehurst Dr. Carolina - 364-6100

Wed. April 10th, 6:30pm Glocester Manton Library 1137 Putnam Pike Chepachet-568-6077

Wednesday April 24th, 6:30pm Jesse Smith Library 100 Tinkham Lane Harrisville 710-7800

Wednesday May 8th, 6:30pm N. Providence Library 1810 Mineral Springs Ave N. Prov - 353-5600

Sat. Sept. 21st, 1:30pm Island Free Library New Shoreham (Block Island) 9 Dodge St. 466-3233

Saturday Sept. 25th, 6:30 pm Maury Loontjens Library 35 Kingstown Rd. Narragansett 789-9597

The Near Death Experience: Where Spirituality & Science Meet

Humans have had near death experiences since time immemorial. With advancements in modern science, NDEs have become more frequent and are now quite well documented. Join Dr. Post, physician, author, and longtime student of NDEs, for a glimpse into the world of those who have experienced one. Learn about their experiences, the transformative effects it had on their lives, and how spirituality and meditation emerge as the universal link.

Crowne Plaza Hotel, Warwick - Rhode Island Wellness Expo - Sunday, March 10, 2019 – 2:30 pm

Meditation: Awakening to the Light Within

The exceptional health benefits of meditation for our body, mind, and spirit have been well documented. Join Dr. Alan Post contributing author to Rajinder Singh's landmark book; "Meditation as Medication for The Soul" (published in five languages), for this experiential class. This is an opportunity to learn an ancient meditation practice that enables one to still the mind and open to the universal source of inner light, healing, and peace hidden deep within. This free class includes instructions, meditation time, and discussion.

Sat. Feb, 2nd 12:00 noon Santosha Yoga & Holistic Health 275 Reservoir Ave Prov.780-9809

Sat. March 2nd, 12:00 noon Santosha Yoga & Holistic Health 275 Reservoir Ave Prov 780-7809

Sat. April 6th, 12:00 noon Santosha Yoga & Holistic Health 275 Reservoir Ave Prov 780-7809

Sat. May 4th, 12:00 noon Santosha Yoga & Holistic Health 275 Reservoir Ave Prov 780-7809

*Alan R. Post D.C. graduated with honors with a Bachelor of Science in Human Biology from Logan College of Chiropractic and holds a post-graduate certificate in acupuncture. In 1993, he was a member of the North American Physician Delegation to China and is a past president of both the RI State and North-East regional chiropractic associations. He is a past member of the Advisory Board at the University of Bridgeport Chiropractic College. Dr. Post has been meditating since 1976, and he is one of the 14 contributing authors to the 2012 landmark collaborative book **Meditation as Medication for the Soul** by best-selling author Rajinder Singh (now published in five languages)*

