

# Meditation & Mindfulness

A body-based drop-in group

Tuesdays 6-7 pm

**FIRST CLASS IS FREE!**

**\$12/session ~ 5-session pass \$50**



Learn to meditate or deepen your meditation practice in this highly body-based group. Meditation has many documented benefits that can improve physical and emotional functioning; it also takes us deeper into the lived experience of our own spirituality. This is a pan-spiritual group, which means we will not follow one particular method, philosophy or religion, but will draw upon a variety of spiritual traditions. This group will be a mix of sitting meditation, movement meditation, mindfulness and discussion/teachings. Please feel free to bring your own cushions. Please be sure to arrive 5 minutes early as doors close promptly at 6.

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