

Mindfulness Meditation

Are you interested in meditating, but just don't know how? Do you think you "can't meditate," because you tried and couldn't focus your mind? Do you find meditating in a group helpful, or just want some guidance?

If you said YES to any of these questions, this group is for you! The concept of "mindfulness," has gained popularity in recent years for good reason. Mindfulness meditation is shown to reduce stress, sharpen thinking, and increase happiness – as well as many more benefits!



This series will introduce you to various forms of mindfulness meditation, including teaching you practical ways to incorporate these techniques in your everyday life. *All experience and levels welcome!*

For more information and to register call at (619) 275-2286

