

Join us for Meditation Group Practice

BI-WEEKLY FRIDAYS 2-4 PM

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ABOUT THE CLASS:

A time to gather and practice meditation within a space of reflection. Each session will begin with a passage read aloud from the text *Wherever You Go There You Are* by Jon Kabat Zinn. After the reading, there will be time to share questions and reflections related to the text. Sitting meditation practice will follow. Passages from the text will serve as guides for how one might focus their attention during the sitting meditation practice. The facilitator will be available for questions and guidance as needed during the sittings. After the sitting meditation, there will be time for sharing questions and reflections.

Open to beginners and long-time practitioners, as well as those just curious about meditation. Come when you can and leave when you must.

Class dates: 11/08, 11/22, 12/06, 12/20, 01/03



Register Here



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