

The Simplicity of Summer Meditation

FRIDAYS

June 21, July 26, and August 23

10-11 am

Wondering how to incorporate a new meditation practice into your life? Join us for an easy way to get started with 3 mornings of The Simplicity of Summer Meditation. We will begin with the basics of breath awareness, posture and just sitting either on a chair or the floor. We will explore visualizations and how to keep the mind in the breath moment. Meditation is simpler (and harder) than most people think.

- We will take a comfortable seat
- We will notice the body
- We will feel the breath
- We will notice when the mind wanders
- We will be kind when the mind wanders
- We will close with kindness

That's it! That's the practice. You focus your attention, your mind wanders, you bring it back, and you try to do it as kindly as possible (as many times as you need to).

