

Mindfulness Meditation

Introductory Class *FREE*

Please join us for an introductory class where you will learn practical techniques to quiet your mind, reduce stress, and cultivate present moment awareness.

This class is well-suited for beginners and experienced meditators alike.



**Tuesday
July 14th**

**10-11 am
The Community
Center**

What You'll Learn:

- ◆ The Science and everyday benefits of mindfulness practices.
- ◆ How to anchor your attention through simple breathing exercises and present moment awareness of sensations.
- ◆ How to manage distractions and let go of stress.
- ◆ Easy ways to build a daily home practice.