



Mindful Meditation, Mondays, 7:00-8:30pm

Jan 15, Feb 5 & 19, Mar 5 & 19, Apr 2 & 16, May 7 & 21, Jun 4 & 18

Mindfulness is the continuous practice of being aware and awake to the present moment – to be truly present and at one with those around you and with what you are doing.

We invite you to join us on the first and third Mondays of each month for our open meditation sessions – a practice of mindful meditation in the general style of Thich Nhat Hanh.

During our mindful meditations, each session will begin with a guided meditation or brief reading, followed by an hour meditation where participants alternate 20 minutes of sitting/walking/sitting. The evening ends with a short discussion inspired by the participants in attendance.

People of all faiths and traditions are welcome. You do not need to be experienced in any meditation practice to appreciate and benefit from our open meditation sessions. Beginners are welcome, as well as experienced practitioners.

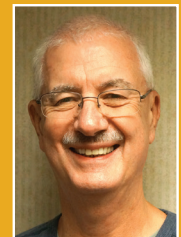
 **Free-will offering. Pre-registration requested.**

About the facilitators...

Larry Stoll is a Buddhist/Christian and has been an active member of the Awakening Heart Sangha since 2008.

Mary Rittman has over 15 years' experience in meditation and is also a certified Healing Touch Practitioner with her own private practice. Mary has facilitated numerous silent retreats and other spirituality offerings at Tau Center and other locations such as women's wellness retreats, mindfulness retreats, chakra programs and others.

PROGRAM FACILITATORS



Larry Stoll



Mary Rittman