

Mindful Monday meditation drop-in class from 12-1 p.m. every week has resumed on-line!

All (beginners and regular practitioners of meditation) are welcome to join Deborah Ennis and Jenifer Dibble (alternate Mondays) for guided mindfulness practices, and the chance to connect, and be encouraged by, the practices of other attendees from our community.

The guided meditations invite us to be present with things as they are with kind attention for ourselves and others as we face life's changes and challenges. It is possible to be calm, and to experience inner tranquility even in the midst of a pandemic!

Mindfulness offers the possibility of increased peace, focus and emotional regulation, and physiological benefits including decreased stress, enhanced immune systems and relaxed muscle tension.

We meet for two 30 minute segments from 12 p.m. to 1 p.m., which allows those who need to leave or arrive at 12:30 to do so.

Deborah can be reached at debennis50@gmail.com to get on the mailing list and to receive the link for the class.