Meditation is a bicep curl for the mind!

Learn to listen to your thoughts, recognize habitual patterns that keep you constantly obsessing about the past or anxiously worrying about the future, and learn how simple breath-awareness meditation can help you to live more in the present moment.

These classes are designed to support an ongoing mediation practice and students can drop in to any class. With as little as five minutes of practice a day you can benefit from improved clarity of mind, increased focus and concentration, enhanced physical and emotional well-being, and increased energy.

No prior experience necessary!

Thursdays 4:30-5:30pm
Sept 11th – Dec 4th
707 Building, Suite 130