

community mindfulness meditation

TUESDAYS 5-6 PM
COST: FREE



Learn to meet life's challenges with greater equanimity, find moments of calm in the chaos, and discover the profound difference that present moment awareness can make in your daily life. These 60-minute sessions include meditation instruction, guided practice, and discussion. No prior experience necessary.

what is mindfulness?

Mindfulness is awareness that arises from actively paying attention in the present moment without judgement. Practiced consistently, it will help you engage with life with more presence, cultivate awareness, and strengthen resilience during challenging times.

Mark Flanagan is a certified meditation teacher and longtime practitioner helping others cultivate regular meditation practices to live with greater presence and ease.

