Mindfulness at Holiday Time

Connecting with kind presence



Thur., Dec 5, 12 & 19

7-8 PM On Zoom

REGISTER:

Sponsored by St. Anselm's Christian Formation Team

Each session will be inner nourishment for holiday time. We'll explore ways to navigate the season with more ease, compassion, and balance.

Whatever life brings—from busyness to loneliness—together we'll practice simple mindfulness techniques for slowing down, listening to your body's signals, and responding to each moment from the heart.

Includes guided meditations and breathing practices, gentle mindful movement, brief writing reflections, and a safe space for sharing. All levels of experience welcome.

About the Instructor:
Wendy Beckerman has been teaching mindfulness meditation and yoga since 1998. Her teaching style is clear, calming, and centering. Her students describe her as "intuitive yet grounded," "compassionate and fully engaged."

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