

FOUNDATIONS OF MINDFULNESS MEDITATION SERIES

Thursdays, October 6, 13, 20, 27
7-8 p.m. via Zoom



MOUNT SAINT MARY
House of Prayer

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Presenter:
Isabel Gachko



Isabel completed 200 hours of yoga teaching training and is a certified mindfulness meditation teacher.

FOUNDATIONS OF MINDFULNESS MEDITATION SERIES

Explore the foundations of mindfulness meditation. Practice mindfulness of the breath, body, emotions, self-compassion, and loving kindness. We will begin each session with breath work, followed by movement similar to yoga and qigong, a body scan and ending in meditation.

Join us for this four-week series.
Minimum attendance of six participants
is required so please invite a friend.

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\$20/session or \$70/series

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