

# FOUNDATIONS OF MINDFULNESS MEDITATION SERIES

Thursdays, October 6, 13, 20, 27

7-8 p.m. via Zoom

## 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*

Presenter: Isabel Gachko



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**Presenter:**

**Isabel Gachko**



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