

Visual MEDITATION MONDAY



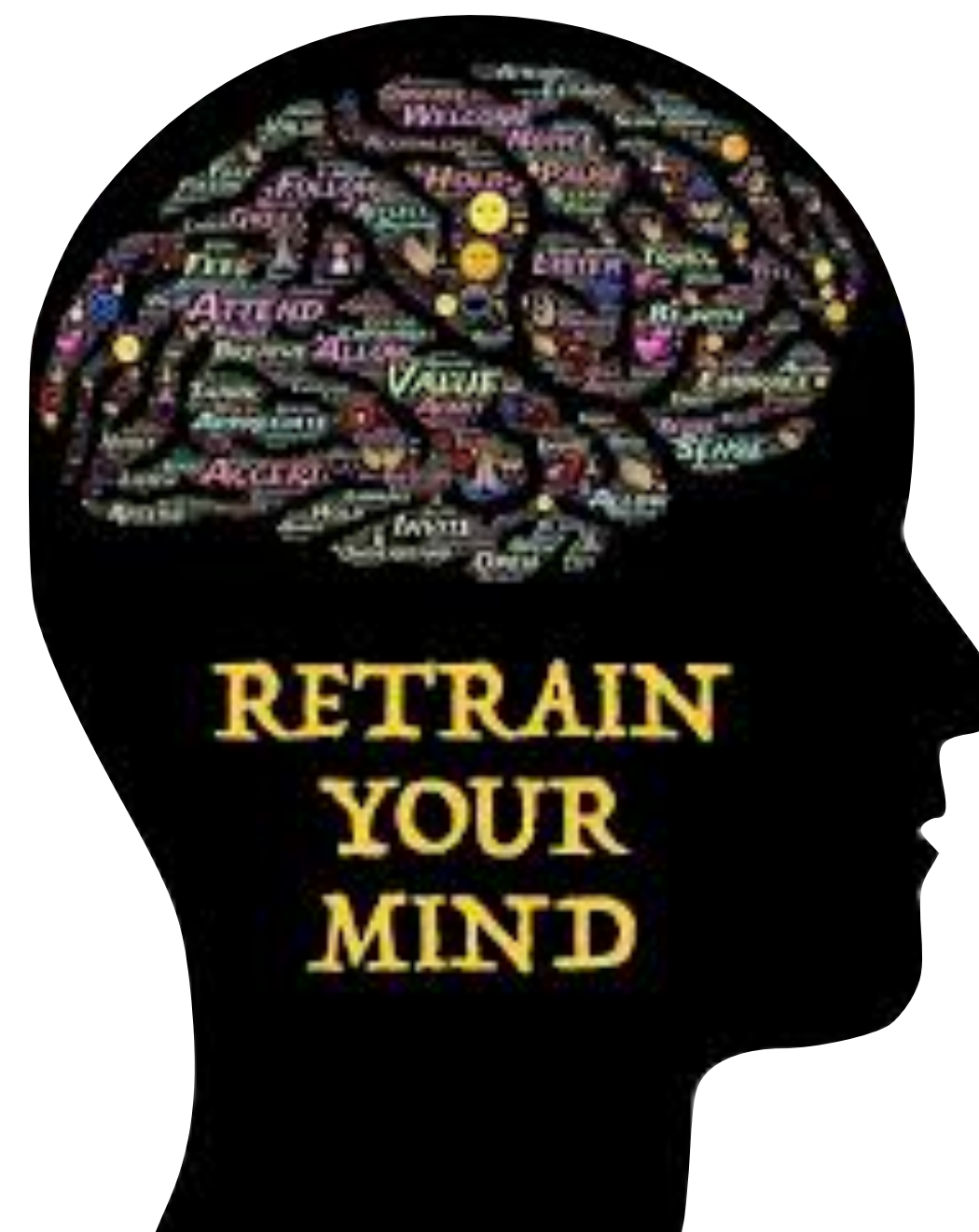
Inspired by Mark Lanier

Want to be :

More focused
Happier
More clarity
Less negative feelings
Acceptance of the
new normal

Pls email
jennifer.Rafter@justice.org
For zoom link

*Please put invite on
your list serve!



Who- Lisa Blue, psychologist
What : visual mindfulness
meditation
Where- virtual
When- 10:am central
Length -approx.18 minutes