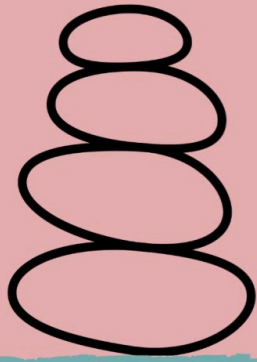


With breath in mind, come calm and clarity.



## MINDFULNESS-BASED MEDITATION PRACTICE GROUP

"MINDFULNESS ISN'T DIFFICULT.  
WE JUST NEED TO REMEMBER TO DO IT."  
~SHARON SALZBERG

For sign up and questions,  
email [aprinciple@gmail.com](mailto:aprinciple@gmail.com)  
You'll receive a password to the  
ZOOM meeting.

**Beginning April 20th | Mornings, 7:30–7:50am | via ZOOM meeting**

**ALL ARE WELCOME to be a part of a small group ministry to practice mindfulness meditation. Now more than ever, our connections with each other are vital to our sense of calm and hope.**

### Each morning's meditation will offer:

- introduction of core concept
- silent meditation of 5-10 minutes while seated comfortably in your own space

Teacher: Anne Principle

### What you'll need in preparation for the practice:

- a ZOOM account on your computer or phone
- chair for upright posture, or cushion/mat
- a space where you're comfortable sitting and interruptions may be minimized
- to let people know around you to honor time for practice



### About Mindfulness-Based Meditation

- Today's mindfulness meditation movement is rapidly growing due to its simplicity, accessibility, inclusivity and immediate benefits.
- **Mindfulness is defined as deliberately paying attention to thoughts and sensations without judgement.** This allows the mind to focus on the present. This can be most readily developed through a **regular practice of meditation.** It derives from the teachings of Buddhist traditions. Combined with modern psychology and various sitting meditation techniques, our ability to access **calm, clarity, compassion and connection are naturally improved.**
- Developing a regular practice of mindfulness-based meditation has been proven to have physical, psychological, social and spiritual benefits.
- Being a part of a regular practice group deepens our commitment and understanding of universal common concerns like:
  - attention and concentration
  - difficult emotions
  - compassion
  - equanimity
- **Mindfulness-based practices are compatible and complementary with belief systems.** Throughout human history, all cultural traditions and religions have included a contemplative aspect.
- **Mindfulness Education, in addition to Social/Emotional Learning (SEL)** is a rapidly growing movement in school systems, social service organizations, health care facilities, work places and more. The tools learned can be freely shared with others to support focus, regulate behavior, enhance creativity, and strengthen relationships.

### About the Teacher

Anne Principle is a long-time meditator with focus on mindfulness meditation and creative practice.

Her professional credentials include:

- experienced workshop leader and panel presenter for creative/spiritual practice, social activism, experiential and multigenerational learning
- member of the Unitarian Universalist Society of Community Ministers
- ordained by the Chaplaincy Institute of Maine in the interfaith tradition
- certified in Clinical Pastoral Care

She is a member of the Unitarian Universalist Church of Greater Lynn.