

Weekly Guided Meditation

7:00-8:00PM Wednesday Evenings

Meditation Is Like Giving A Hug To Ourselves,
Getting In Touch With That Awesome Reality Within Us
– Paramahansa Yogananda

Regular Class Rates Apply or \$8 per person Walk-in *Everyone Welcome!*

Join us for a relaxing, evening meditation as we gather as a group to create balance at the mid-point of each week. Jill will lead a casual guided meditation using a variety of simple, mindfulness meditation techniques which will vary weekly.

Regardless of the meditation styles used, the intent is always simply to help you relax and quiet the mind so that you may let go into a state of peace and equanimity, and just be HAPPY! Meditation helps us to de-stress while fostering relaxation, self-awareness, focus, creativity and clarity of our physical, emotional, mental and spiritual state.

No meditation experience necessary. These sessions are ideal for beginners to introduce meditation with the support of a friendly, informal group. We invite all to discuss and share your meditation experiences and best practices, as well as ask questions of other meditators in the group. Cushions and blankets provided for use.



Pre-register: <https://www.updogyoga.com/rochester-class-schedule>



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