

## Introduction to Mindfulness Meditation: Would this Practice Benefit You?

Just like going to the gym is our physical exercise....mindfulness meditation practice is our mental muscle exercise.

Mindfulness itself is the basic ability to be fully present and aware of where we are...what we are doing. Mindfully we are not reactive or overwhelmed by what's going on around us. Our attention is on the breath. It anchors our focus aiding in calmness and clarity. Studies are continuing and proving that this practice does have measurable benefits. Synchronizing the body and the mind has been found to aid in stress reduction. Please Google and check reliable sources on the growing data.

In this lecture I will welcome you and go over the history, benefits and 3-step instruction for this practice. Next we will experience the meditation itself and I will lead us for a 15 minute mindfulness meditation sit. There will be time for your questions and comments. Will also give suggestions on how to continue your practice.



Kathleen Cassels is a certified teacher of Mindfulness Meditation through Tibet House US. She offers weekly and monthly mindfulness meditation classes.

A native New Yorker and graduate of Fordham University she has had a career in many fields including the corporate world, restaurant business and real estate. Spiritual Retreats at Mepkin Abbey for over 15 years calls her to gratefully give back to Mepkin and the community. Over the years she has volunteered in the Clare Booth Luce Library and at the annual Crèche Festival. Currently Kathleen is a Mepkin Abbey Zip Code Contemplative group convener as well as a docent. Wishing to provide the Mepkin community with another tool in their contemplative journey she hopes providing a mindfulness meditation practice may be of benefit to all.