

Mindfulness Meditation

Support Group

Tuesdays 6:30pm-8:00pm

*This is a donation-based group, no one turned away for inability to pay
(Suggested donations \$5-\$15)*



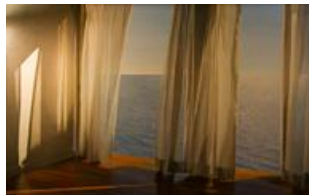
General Format of Group:

- THEORY (mindfulness instruction and discussion)
- PRACTICE (silent or partial guided meditation)
- PROCESS (what are you bringing to the cushion?)



Facilitated by:

Middle Way Health Mindfulness Coaches



“What is exciting about this group is that we can practice meditation together in a supportive community and know that it is also appropriate to share personal stories, what we may be suffering with, and how we can heal.”

Just Show Up!

www.Meetup.com/MindfulnessSupportGroup

Group meets at **Lion's Roar Dharma Center**
3240 B Street, Sacramento, 95816

Phone: (916) 492-9007, www.MiddleWayHealth.com