

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)*



Practice mindfulness meditation *and* have the opportunity to share *your path* in a therapeutic, safe, and confidential space.

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.”

RSVP Required: RSVP by calling or signing up at:

www.Meetup.com/MindfulnessSupportGroup

Group meets at:

Lion's Roar Dharma Center

3240 B Street

Sacramento, CA 95816

Phone: (916) 492-9007

www.MiddleWayHealth.com

