

“MINDFUL MOMENT”

~Special End of Season Session~

Gale Free Library, Holden

Thursday, June 29, 6:00PM-7:00PM

Join us as we conclude our Spring session with an indoor and (weather permitting) outdoor meditation exercise. We will also provide resources for independent practice over the Summer break. Finally, we will end with a “Mindful Eating” practice! Refreshments will be provided, but please feel free to bring in a dish to share. Chairs and benches will be available for the outdoor exercise– but you are welcome to bring in your own favorite chair or blanket.

No registration necessary. For more information, please call the Library at (508)210-5569

This program is offered by Marjatta Moimas. Marjatta, originally from Finland, teaches mindfulness meditation and offers workshops. Her passion is to bring mindfulness methods into the communities and make mindfulness more easily accessible for everyone.



Marjatta has a Finnish degree in social work and is currently doing a U.S. Masters of Arts in Mindfulness Studies at Lesley University, Cambridge.

She is specialized in MBCT (Mindfulness Based Cognitive Therapy) and trauma informed mindfulness methods. She is also a certified teacher trained by the Mindfulness in Schools Project, as well as a qualified teacher of Mindfulness Based Stress Reduction through the Center for Mindfulness, UMASS Medical School.