

"Mindful Moment"

Gale Free Library, Holden

2nd and 4th Thursday of each month

6:00-7:00pm*

These Meditation sessions are designed to offer a mindful pause in the midst of our busy or stressful lives. Participants will experience a sitting meditation practice, as well as gentle mindful walking and movement. An opportunity to share insights, experiences and questions will also be provided.

All are welcome, no registration necessary.

(*please note: we begin promptly at 6pm, after which the door is closed so as not to disturb the session)

MINDFULNESS MEDITATION is about being with the present moment just as it is, non-judgmentally. We develop this skill by practicing mindfulness meditation and its variations together. It's good to wear comfortable clothes. All practices can be done sitting on a cushion or a chair, lying down or standing.

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 is a qualified teacher of Mindfulness Based Stress Reduction through the Center of Mindfulness, UMASS Medical School, and is specialized in MBCT (Mindfulness Based Cognitive Therapy), as well as trauma sensitive mindfulness methods. She has a Finnish degree in social work and is currently doing a U.S. Masters of Arts in Mindfulness Studies at Lesley University, Cambridge.