

"Mindful Moment"

Gale Free Library, Holden

2nd and 4th Thursday of each month

6:00-7:00 pm

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.

MINDFULNESS MEDITATION is about being with the present moment just as it is . 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 Fall, we will be focusing on the "Meditation Toolbox," which will give you an opportunity to experience and understand the practice of meditation. For example, what is progressive relaxation or creative visualization and how do they differ from basic mindfulness meditation? How to have a regular practice? What about the meditation posture? You can come to all, or to fewer sessions, as you like.



Marjatta is a Qualified Mindfulness Based Stress Reduction (MBSR) teacher, has a BS in her home country of Finland, and an MA in Mindfulness Studies from Lesley University. Marjatta is trained in making meditation safe and inclusive for all as well as in Mindfulness Based Cognitive Therapy (MBCT). She has been guided by an insight meditation teacher whose methods incorporate Somatic Experiencing (SE).

Marjatta's main teachers in mindful living are her rescue dog, her spouse and fellow human beings she encounters in her daily life.