

# "Mindful Moment"

Gale Free Library, Holden

2nd and 4th Thursday of each month

6:00-7:00 pm

Welcome back to Mindful Moment! This Fall, we will be exploring practices to help you develop your own daily mindful pause. Participants will experience sitting meditation practices, 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.



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.