

# *Mindfulness Meditation*

Every Tuesday evening in January  
6 - 7 p.m.



Start the New Year with Mindfulness Meditation. Join us every Tuesday evening in January for meditation sessions with local instructor Wendy Beckerman. Sessions include guided meditation, deep breathing, gentle movement (no special clothes needed), and encouragement to practice between sessions. Chairs provided, feel free to bring a cushion if you prefer. Beginners and experienced meditators welcome.

Wendy has been teaching yoga and mindfulness meditation since 1988 and describes mindfulness as both a type of meditation and a way of being compassionate and present in our ordinary lives. Meditating in a group can strengthen our community and deepen our capacity to respond from a calm center.

## **Pinole Library**

2935 Pinole Valley Road | 510.758.2741

Tues 12-8 ▪ Wed 10-6 ▪ Thurs 10-6

Fri 9-5 ▪ Sat 9-5 ▪ Sun, Mon Closed



For special accommodations, please contact the Library with 72 hours notice.