

**What led you to meditation?**

Having grown up in the forest, I was connected to the present moment through my connection with nature. As I grew, I began to lose touch with the now-ness that presence allows - but thanks to meditation, found my way back. I learned more about the practise through travels to India, Bali, Thailand and other areas with deep roots in mindfulness.

Why do you enjoy teaching?

I love sharing space, breath and presence with a group of meditators, in a room where we drop any labels, agendas, and differences. It's incredible to feel how we share the same joys and sorrows, and to experience how we elevate one another with presence alone.

What we can expect from your classes?

I teach a secular practise, informed by both the Buddhist roots and developments in neuroscience. My classes are intention-driven, rooted in compassion, and accessible. I also take requests, so please don't be shy if there's a topic of interest to you.

What's a great mini meditation tip for readers?

As you begin your practise, simply showing up is all you need to do. Consistency in practise will help you to stabilize the mind, to know that thoughts are not things (you don't have to believe everything you think), and to start making decisions off the cushion which are grounded in clarity, coming from a deeper knowing. Trust that all of these benefits emerge effortlessly when you simply focus on whatever grounds you in the present - for some, a mantra, for others, their breath. The practise is non-striving - simply show up to your cushion with compassion and curiosity, the rest will take care of itself.

Take a Class with Cassidy



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Happy April!

Spring has sprung! With renewal, comes growth and change, and with that we were inspired to introduce our new class