

guided meditation



Visualization is a mindfulness technique. Guided meditation is one form of visualization, it is the practice of picturing positive images to help calm the mind, putting the body in a relaxed state.

JOIN US VIA ZOOM

<https://us02web.zoom.us/j/84577390069?pwd=OTJBQ25DdEtqMzJWk2U0ak1kRytadz09>

All are welcome
1st Sunday of the Month @ 12:00 PM
approximately 20 minutes
May 2 is the 1st meditation