

2020 Adult Mindfulness and Meditation Classes

Click on the **BLUE** title to register.

[October 2020 Thursday AM ONLINE](#)

9-10:30 am October 1, 8, 15, 22, 29

[October 2020 Saturday PM ONLINE](#)

3:30-5 pm October 3, 10, 17, 24, 31

[November 2020 Sunday AM ONLINE](#)

9-10:30 am November 1, 8, 15, 22, 29

[November 2020 Monday PM ONLINE](#)

6-7:30 November 2, 9, 16, 23, 30

[December 2020 Tuesday PM ONLINE](#)

6-7:30 pm December 1, 8, 15, 22, 29

[December 2020 Wednesday AM ONLINE](#)

9-10:30 am September 2, 9, 16, 23, 30