

Mindfulness Meditation

Instruction and Group Sitting

We hear a lot about Mindfulness Meditation. You can find books about it, teachers of mindfulness on YouTube, and meditation apps for your cell phone. All this may be very helpful, but it is often best to learn and practice with a group of people. Discover Balance is generously providing a time and place for a group to gather on Saturday mornings beginning in May. The group will be facilitated by Mark Johnson, who has many decades of experience in mindfulness and other aspects of meditation which he learned from some of the best teachers in the world. Mark will provide instruction on how to practice mindfulness and there will be discussion and feedback at the end of the session so people can have the opportunity to ask questions and share their experience.

*We will explore the basics of sitting meditation, either sitting in a chair or on a cushion on the floor, and will also learn to apply mindfulness to standing, walking, and simple movements of the body. Mark has written up some instructions which can be read at leisure and will reinforce the understanding of the main aspects of the practice. Other people who attend who might have previous meditation experience will be invited to share their methods or experience with the group.

*Wear loose, comfortable clothing. There will be a few chairs available. There are also yoga mats available which can be used for those who chose to sit on the floor. It may be helpful to bring a small pillow like a couch pillow to sit on if you are on the floor. Bathroom facilities are nearby. The room is kept at a nice temperature, but feel free to bring a shawl or other wrap if you want to be toasty.

*We will practice early **Saturday morning** and be done in time for you to then go out and have a wonderful, full day. Doors will open at 7:30 AM and we will begin introductory talk and sitting around 7:45. We will finish at 9. We have scheduled sessions for every Saturday in May, 2023, **beginning May 6th (at 7:30 AM)**.

*There will be no fee for attending the group. Donations are accepted.

