

Mindfulness Meditation with Lani Donlon

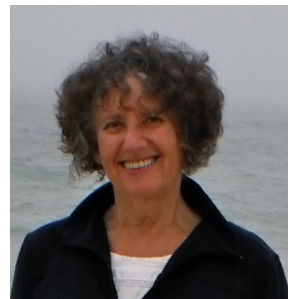
THURSDAYS,
October 17, November 21, & December 19, 2019
7:00–8:15 PM



In mindfulness meditation, we bring our attention to the present moment and become aware of how we relate to our experience. Using a range of Buddhist meditation techniques and pointers, we will learn how to stay aware and open-hearted amidst the ups and downs of daily life. Group practice is a helpful support for developing and maintaining a daily meditation practice at home. Practitioners of all levels are welcome.

Exchange: By Donation

Lani Donlon LCSW, a member of our yoga community for 24 years, is a psychotherapist and teacher with over 35 years of experience bringing together western and eastern psychology, philosophy, and neuroscience, and making these teachings easily accessible. She was trained in “Mindfulness Based Stress Reduction” by Jon Kabat Zinn in 1993, and has studied with master teachers of Buddhism and Nonduality. She has taught meditation and practical coping skills in numerous venues, including to staff and patients at Montefiore Medical Center and to psychotherapists for themselves and for those with whom they work.



Sacred Spirit Yoga and Healing Arts Center
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