



GROUP OFFERING AT GROVE

MID-MORNING MINDFULNESS

THURSDAYS 9:30 - 10:30AM
APRIL 4 - 25
\$80 FOR THE 4-WEEK SERIES

Learn basic practices you can use right away to enjoy more balance and ease in everyday life - including mindfulness with breathing (or other preferred anchor), sitting, walking, eating; and clear, calm awareness of sensations, thoughts, and emotions.

Group Facilitator

Barbara Newell taught mindfulness and meditation around the world with Zen Master Thich Nhat Hanh from 2003 - 2015. Since 2016 she has been training students individually and in online courses led by renowned meditation teacher and psychologist Tara Brach.

VISIT GROVEEMOTIONALHEALTH.COM FOR MORE INFORMATION + TO REGISTER.
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