



Zoom Meditations

Join Us Weekly for Free, Virtual Guided Meditations

Mindfulness meditation is a powerful tool for managing stress and cultivating self-awareness, compassion, and empathy. Regular practice can improve both mental and physical health.

Join us each week, from the comfort of your home, for a virtual guided meditation. In each session, you will learn and practice skills to calm the body and mind. Topics will include gratitude, resilience, stress reduction, pain management, relaxation, and more.

All classes will be recorded and recordings will be available on MarinHealth's YouTube channel.

WHEN

Mondays, 10:00 am

ZOOM INFO

www.mymarinhealth.org/meditation

COST

Free