



Monthly Virtual Meditations

Lorem

Join Us Virtually for Free 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 month, 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

1st Monday* of each month
10:00 am

ZOOM INFO

mymarinhealth.org/meditation

COST

Free

*Classes may be moved if there is a holiday or administrative closure. Please visit mymarinhealth.org/events to view the schedule.