



Discover Balance

Balancing Mind, Body & Spirit Series: "Integrating Meditation into Our Daily Lives"

Wednesday, January 19, 11:00-12:30pm
DWN HUB

Discovering What's Next® invites you to "*Integrating Meditation into Our Daily Lives*", the next program in our Balancing Mind, Body & Spirit series, Wednesday, January 19, 11:00-12:30pm, DWN HUB, Newton Cultural Center, 225 Nevada Street, Newton.

The benefits of meditation for physical and emotional well-being have been widely acknowledged. Many midlife and older adults are meditating in order to achieve balance in their lives, especially during times of transition. Last October DWN presenters, Maxine Lyons and Maureen Giovannini, led a general introduction to meditation and described the various forms of meditation that exist. This follow-up session, requested by many participants, focuses on practicing three specific forms of meditation that can become part of our daily lives including guided meditations, walking meditation and mindfulness meditation while performing everyday activities. Participants new to meditation as well as seasoned meditators are welcome.

Fee for this program is \$5.00 payable at the door. Kindly pre-register for this program by email to info@discoveringwhatsnext.com or phone 617-467-5438.