

IROQUOIS



MINDFULNESS MEDITATION



Mondays

September 13th – November 8th | 3:00 PM – 4:00 PM

AND

Saturdays

September 18th – November 13th | 11:00AM - 12:00PM

Iroquois Community Room | Audience: Adults

Participants will learn techniques to quiet your active mind, focus on the present moment, and reduce stress.

Suzanne will focus on techniques such as gentle instruction regarding posture, guided meditation, and walking meditation.

Program is Free, but Registration is required. For more information, please call 814.451.7082 or visit events.erielibrary.org. This event is sponsored by the Friends of the Erie County Public Library.

