

Pinckney Community Public Library
125 Putnam Street, Pinckney, MI 48169
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Mindfulness Meditation

with Denise Johnson, E-RYT
Certified Mindfulness Instructor
by Yoga Renew

Wednesdays
11:00—11:45 am

February 5, 2025
February 12, 2025
February 19, 2025
February 26, 2025



It has been noted in many printed articles that Mindfulness Meditation guidance is one of the most requested classes.

Mindful Meditation combined with breathwork are effective tools to assist us in building and maintaining resilience to many life changes. We will practice several guided meditations which focus on reducing stress, anxiety, worry and fear. Personal comfort is important, so chairs will be used. Feel free to bring a pillow/bolster, blanket, notebook/pen and water bottle.

This class is complementary, no fee.

Please contact Denise if you have any questions at chaitime@charter.net.