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# Mindfulness Meditation

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

**Saturdays**  
**10:00—10:45 am**

October 4, 2025  
October 11, 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](mailto:chaitime@charter.net).