



Mindfulness Meditation Opportunities Happening in May



All sessions are **FREE** and open to anyone, whether you're new to meditation or are a seasoned meditator. Join us to practice together in community! Bring a friend!
No registration required.

Mindful Dexter regular scheduling takes a pause

Dear Members of the Mindful Dexter Community - as our mindfulness practice teaches us, taking an intentional pause creates space and moments to recharge. From June through August Mindful Dexter will take a break from our regular cadence.

Watch for a special bonus practice in July. For September, we invite you to save the date for a Second Saturday mindfulness practice at the Dexter District Library (September 13) and a Third Thursday practice on Zoom (September 18). More scheduling details to come as we approach the fall season.



Second Saturday Meditation

Saturday, May 10, 9:30 - 10:30 a.m. at the Dexter District Library

Start your weekend mindfully! We'll meet indoors at the Dexter District Library, in the community room on the lower level. This one-hour meditation practice includes a 20-30 minute guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Feel free to stay for the discussion, or to leave as you wish. There is ample space to spread out as you like.

On Zoom - Passcode: Dexter



Third Thursday Meditation

Thursday, May 15, 7:30 - 8:00 p.m. on Zoom

This short 30-minute guided meditation is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are.



NO - Mindful Midday Monday Meditation

Monday, May 26 is a federal holiday - NO guided practice will be offered.

 **To attend Zoom sessions use meeting passcode: Dexter**

Scan this code with your smartphone:



OR

Go to: tinyurl.com/MindfulDexterZoom

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Find us on Facebook at facebook.com/MindfulDexter. Our event page has login links and other helpful info.