



Mindfulness Meditation Opportunities Happening in March



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.

➡ **Walking Wednesday Meditation**

Wednesday, March 6, 1:00 - 2:30 p.m. at the Dexter District Library

Join us, as together, as we brave Michigan outdoors. Gather in the Library's vestibule, head out for a guided walk, and return to a meeting room for warm beverages and discussion. Time spent outdoors will be adjusted based on the weather conditions. Come prepared for walking outdoors, and feel free to stay or not, for the discussion.

➡ **Second Saturday Meditation**

Saturday, March 9, 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 guided meditation for about 20-30 minutes, with a discussion afterward on a mindfulness topic. Feel free to stay for the discussion, or to leave as you wish. Chairs will be spaced to allow social distancing.

On Zoom this month:

➡ **Third Thursday Meditation**

Thursday, March 21, 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.

➡ **Mindful Midday Monday Meditation**

Monday, March 25, 12:00 - 12:30 a.m. on Zoom 🌸

Make lunch time on the last Monday of the month more nourishing with a mindful break. Zoom in from work, home or wherever you happen to be. This 30 minute guided meditation will help you feel ready to tackle whatever is on your plate that afternoon.

🌸 **TO ATTEND ANY OF OUR ZOOM SESSIONS:**

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.