

Mindful Awareness

Spontaneous Insight

Centering Prayer

Relaxing

Sensing

Just being

Five-week mindfulness class

Thursdays, January 24th – February 21st
(Skipping Valentine's Day)

7:30-9pm

\$200

Oona Edmands, LMSW, EMDRII, is a psychotherapist at Samaritan Counseling Center of the Capital Region, and a long-time meditation instructor in the Buddhist tradition. This class will combine elements of meditation, centering prayer, and therapeutic mindfulness-based stress reduction.

All faiths and states of mind are welcome.

Classes will be held at the First Reformed Church of Scotia.
Please call 374-3514 for more information or to register.
Class is limited to 10 people.

