



Mindfulness Meditation

Deahna has studied various meditation traditions over the past forty years and has found her home in the Vipassana tradition; also called Mindfulness Meditation. Her primary teacher is Lucinda Green, PhD, of Rocky Mountain Insight in Colorado Springs. She has spent time on retreat with the Thai Monks in Denver and is close to the end of a two year Mindfulness Meditation Teacher Certification Program with Jack Kornfield - Author of A Wise Heart and A Path With Heart.

Join Deahna for this four week introduction to Mindfulness Meditation. Classes will be held Friday evenings from 7-8 p.m. on September 25th, October 2nd, 9th, and 16th.

We will explore:

- Mindfulness of breath
- Mindfulness of the body
- Mindfulness of thoughts and emotions
- Equanimity and Spacious Awareness
- How to get started/practice tips
- **PLEASE RSVP BY 09/23/2020 FOR A ZOOM LINK**



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