



Meditation Exploration

Saturdays 10:30AM - 11:30AM

Starting January 4, 2025

Norwalk Public Library

Join us for all or any of these secular, guided group meditation sessions appropriate for new and experienced meditators and everyone in between.

Each session begins with a brief discussion of the week's practice, followed by a 30 minute guided meditation and community sharing or Q/A.

- Different meditation practice each week.
- All secular and science-based.
- Done seated in chairs. No special skills, clothes or equipment needed.



**Awareness
Curiosity
Kindness**



Details



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Starts January 4, 2025



Norwalk Public Library
1 Belden Ave.
Norwalk, CT
(in the Teen Room)

CommunityMindfulnessProject.org

**No Fee or Registration
No Experience Needed**