Open Meditation Saline

Mindfulness Meditation

in Community

Drop-in mindfulness meditation, OPEN TO ALL

Every Tuesday morning 10:55 a.m. to noon
St. Joseph Mercy Saline, The Community Room
400 W Russell St, Saline, MI 48176

Appropriate for beginners or experienced meditators. Led by experienced mindfulness meditators. There are two 20 minute sitting periods, the first guided and the second silent, with discussion and questions in between. We may also practice walking meditation. Chairs are available. Bring your own cushion if you have one.

Questions? Contact: Paulette Grotrian, Group Facilitator and Mindfulness Teacher
mindfulnesswithpaulette@gmail.com 734-276-7707
www.MindfulnessMeditationMichigan.weebly.com

“Mindfulness is paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.”
—Jon Kabat-Zinn

“What is most important is to find peace and to share it with others.”
—Thich Nhat Hanh