

INTRODUCTION TO MINDFULNESS MEDITATION

The Insight Meditation Community of Chestertown is offering an introductory class on Tuesday evenings from October 3 through October 31, 2023, at the Unitarian/Universalist Fellowship, 914 Gateway Drive, Chestertown, from 5:30 to 7:00 p.m. Mindfulness meditation is a practice, originally taught by the Buddha, which develops the ability to be non-judgmentally aware of what is happening in the present moment. It can help to reduce stress and enhance our sense of well-being, and it can allow us to see more clearly what is happening in our lives.

Anne Briggs, a Community Dharma Leader, will be leading the class. To register, send an e-mail message to info@imc-chestertown.org. There is no fee for the classes. Participants are encouraged to make a donation to support the work of the Community. For further information, call 410-200-9803 and leave a message. Our website is www.imc-chestertown.org.
