

## **Mindfulness Meditation**

**Mondays 7:00pm - 8:45pm**

This mindfulness meditation group is open to anyone who has interest in meditation from beginners to more advanced. Our time together consists of sitting meditation, walking meditation (when we meet in person), a short teaching and responsive group sharing.

For more information, go to our website:

[www.presentmomentsangha.org](http://www.presentmomentsangha.org), or contact Mary Kullman, at [spiritmk7@gmail.com](mailto:spiritmk7@gmail.com).

**Please join the meeting from your computer, tablet or smartphone.**

**Join Zoom Meeting**

<https://us02web.zoom.us/j/87909200423?pwd=Y0FUNEMrVHIWUEZsTmh0NHJjRWJRQT09>

Meeting ID: 879 0920 0423

Passcode: 401647

Or dial 1 312 626 6799 and use the appropriate Meeting ID and Passcode.