

Meditation

What is Meditation?

- ◆ Meditation is the practice of training the mind to enter a state of inner peace through silence .
- ◆ By silencing the mind individuals are able to reduce stress, reduce anxiety, improve breathing and much more.

When: Mondays

Time: 2-3pm

Where:

BCYF Grove Hall Senior Center

51 Geneva Ave,

Dorchester, MA 02121

For more information
please contact:

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