



## Mindfulness Meditation

**Where:** McLean Hospital Cafeteria (Room 115)

**When:** Every Wednesday 6:30 to 7:00pm

**Led by:** Khare

Every Wednesday, we practice mindfulness meditation together from 6:30 to 7pm in room 115. Our practice is inspired by the mindfulness-based stress reduction (MBSR) program taught at Center For Mindfulness at UMass Medical School. This is not a class in mindfulness, but we do start each session with a short introduction to the practice, so novices are welcome. Even if you are late, please join us, we believe even a few minutes of meditation will make a difference. We find that learning mindfulness techniques and practicing them with a group is especially helpful.

If you are currently suffering from a mood disorder, please talk to your doctor or therapist first to make sure mindfulness meditation is OK for you.

Contact Khare ([pkhare.nami@gmail.com](mailto:pkhare.nami@gmail.com)) with any questions.