

Mindfulness Center at NPA

Join us for Open Meditation at **The Mindfulness Center at Needham Psychotherapy Associates**

When: The 2nd and 4th Monday of each month from 6:30-7:30pm

Where: 1040 Great Plain Ave, 3rd floor, Suite B
(last room on left at the end of the hall)

Dates:

January 9th and 23rd

February 13th & 27th

March 13th & 27th

April 10th & 24th

May 8th & 22nd

***Fee: \$10 each Meditation, payable
before the session begins***

For further information please contact:

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These Open Meditations will consist of an hour of guided Mindfulness Meditation along with a brief teaching and related discussion.

***Beginners and
experienced
meditators are
welcome.***

The program will be led by Naomi Litrownik, LICSW and Noreen Kavanaugh, LICSW, both of whom were trained in Mindfulness-Based Stress Reduction at The Center for Mindfulness, UMass Medical School, Worcester, MA

