



Join us!
at the
Center for Contemplative Studies



Breathing Meditation

WITH UPASNA
Beginners are welcome!

At the Center for Contemplative Studies
Wednesdays 8-8:30 am

Being able to breathe deeply and focus on the present moment is a skill that can be developed via meditation. Doing this can help with regulating anxiety and stress. Upasna will guide you through this practice at your own pace and ease. Also, you do NOT have to stay for the entire 30 minutes if you desire not to.



For more information, email

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