

**Just Added!**

**Introduction to Mindfulness**

**Days:** Thursdays  
**Dates:** Jan 18 - Feb 8  
**Time:** 7:00pm – 8:30pm  
**Classes:** 4 classes  
**Cost:** \$40 (\$120 value)  
**Location:** Melrose Milano Center

**Description:**

This weekly mindfulness program is designed to help reduce stress by using a variety of guided practices, self-reflection exercises, short lectures, and group discussion. You will learn to use your focused attention to tune into your body, help calm the mind, self-regulate the nervous system, and establish a deeper connection with yourself. Each participant will develop a home-based practice (5 – 20 minutes daily) with support from class and available recordings. This course is designed to meet the needs of each individual on their mindfulness journey, from beginners to those with experience. All participants will move at their own pace and comfort level. Classes will be held in-person and we ask that you commit to attending all 4 classes to the best of your ability. All are welcome and encouraged to join!

**Potential Benefits**

- Reduce stress, anxiety, & depression
- Improve physical health & well-being
- Improve cognition & mental stamina
- Improve awareness & emotional state
- Greater attention & creativity
- Greater job satisfaction & enhanced performance

**Instructor:**

Frank Olivieri

**Mindfulness Meditation  
Weekly Sitting Group (In-person)**

**Days:** Every Thursdays  
**Time:** 7:00pm – 7:45pm  
(Meditation starts at 7:10pm)  
**Cost:** Drop-in is Free!  
(Donations accepted)  
**Location:** Melrose Milano Center

**Description:**

Join us for our weekly in-person sitting group. Doors will open around 7pm so participants will have time to settle in before we begin. At 7:10pm, there will be a welcome, some basic instructions, followed by a guided mindfulness meditation practices that will last about 20 minutes. After the meditation, there will be a short period for anyone to share or ask questions. This group is open to all experience levels and for anyone interested in attending. Join at anytime. No pre-registration is required as participants will be asked to sign in upon arrival.

**Instructors:**

Frank Olivieri & Ruth Valley

