

## **Mindfulness Meditation Weekly Sitting Group (Virtual)**

**Days:** Every Monday  
**Time:** 8:00pm – 8:30pm  
(Meditation starts at 8:05pm)  
**Cost:** Drop-in is Free!  
**Location:** Zoom / Virtual

### **Description:**

Join us for our weekly virtual sitting group. The zoom room will open at 8pm followed by a brief welcome, some basic instructions, and a guided meditation practices that will last about 20 – 25 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 anyone interested in attending. Join at anytime. Interested participants need to register their first time to receive the zoom link. We will be using the same link each week.

### **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!  
(*Optional: 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 – 25 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 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

