



dNaga in partnership with Wai Mo presents

Mindfulness Program



A free 4-week meditation workshop series

In this increasingly complex and challenging world, many of us are constantly running, overworked, exhausted and stressed. We all wish for a life with more ease, joy and less struggles. Together, we will engage in Mindfulness meditation practices to help develop the qualities and skills that can support our well-being and contribute to a more connected and flourishing life.

Offered virtually every Friday from 2–3pm
August 12 through September 2, 2022.

Topics:

Aug 12, Week One: Settling and Focusing the Mind

Aug 19, Week Two: Working with Emotions

Aug 26, Week Three: Loving Kindness and Compassion

Sept 2, Week Four: Bringing Mindfulness into Daily Life



To register visit bit.ly/dnaga-meditation

Once you register, you will receive the zoom link.

For more information visit girlproject.org

