



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Learn how to live more peacefully, joyfull & focused

# MINDFULNESS & MEDITATION

## A NEW MONTHLY GROUP

2nd Tuesday/month from 10:30am-Noon

### SESSIONS MAY INCLUDE:

- Principles of Mindfulness
- Sitting Meditation
- Walking Meditation
- Use of Mantras
- Metta Sutta
- Group Sharing

**FACILITATOR:** Marsha R  
Drozdoff, ACSW, LCSW, RMT  
520-982-6721



**\*No experience needed**

**NORTHWEST YMCA**  
7770 N Shannon Rd