



FREE VIRTUAL ZEN MEDITATION CLASS

This class introduces basic meditation practices with an emphasis on posture, breath work and remaining in the present moment. You will have an opportunity to do 2 brief (10 to 15 minute) rounds of practice, with an introduction to walking meditation and Q & A to wrap up.

Hosted by Dave Killen

DATE TBD

Free entry. Open to all levels

CLICK TO JOIN HERE:

[https://us06web.zoom.us/j/81993735935?](https://us06web.zoom.us/j/81993735935?pwd=MmZHVW10UzM0Y3dEUitFVThCeG9IZz09)

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