April 2 - May 28, 2020

# Mindfulness Meditation with Sarah Wolfy

Company: The Muse Brooklyn
Venue: The Muse Brooklyn
Location: Brooklyn, NY

Mindfulness Meditation uses a longer period of breath work to mind ways to be alert, aware, and relaxed. We use techniques designed to get into our parasympathetic nervous system the calm place, so that we become less reactive and find ways to create more space to just be where we are in the now.

Join here on Thursdays: https://zoom.us/j/734753727
Join here on Tuesdays: https://zoom.us/j/283551286

Donations welcome via MindBody registration, Paypal (themusebrooklyn@gmail.com - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn
https://zoom.us/j/734753727 https://zoom.us/j/283551286
Brooklyn, NY, 11237

Schedule
April 2, 2020: 9:00am
April 7, 2020: 9:00am
April 9, 2020: 9:00am
April 14, 2020: 9:00am
April 16, 2020: 9:00am
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