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April 2 - May 28, 2020

### Mindfulness Meditation with Sarah Wolfy

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

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Mindfulness Meditation with Sarah Wolfy



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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