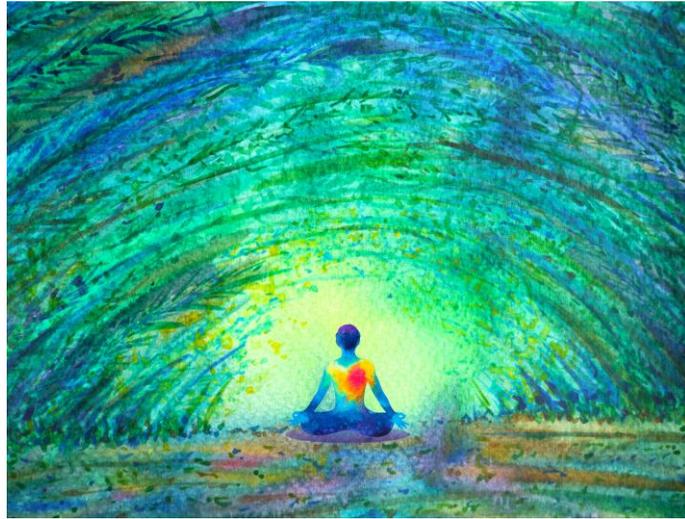


Join Our Weekly Mindfulness Meditation on ZOOM!



Join Our Weekly Mindfulness Meditation with Donna Rixmann

- ✨ **When: Thursdays, 12:00 - 12:20ish PM**
- ✨ **Every week unless noted on class schedule**
- ✨ **Where: Zoom (link available each week on my website - click the 'Mindfulness Tab' at www.yogapeace.net)**

Are you ready to deepen your mindfulness practice? Many of you have inquired about "Introduction to Mindfulness II," and this weekly meditation serves as your next step!

Each session will feature guided meditation with ample time for quiet reflection. Occasionally, I'll share valuable insights or mindfulness nuggets to enrich our time together. This is a gathering, not a class, so the only constant will be the meditation.

Whether you've taken my 'Introduction to Mindfulness' series, are new to meditation, or have practiced mindfulness and seek an opportunity to meditate in a group setting, you are warmly welcomed!

Please commit to joining us promptly at noon and staying until the end to preserve the experience for everyone. I encourage you to have your camera on and type in your first name, so we can connect with everyone in the 'room'.

I look forward to seeing you each week!

Warm regards,
Donna Rixmann
Mindfulness Meditation Teacher (CMMT)
CAP, ERYT500, CAYT, YACEP