

MONDAY MINDFULNESS WITH MAX

Starts June 5, 2017!



Hartford Street Zen Center Mondays 7pm-8pm

Come and learn mindfulness meditation! Mindfulness is the practice of being present with our experience and is helpful to reduce pain, stress and anxiety.

There will be a guided mindfulness meditation for 40 minutes and then discussion for 20 minutes.

BY DONATION

57 HARTFORD STREET, SAN FRANCISCO, CA 94114