

Trauma-Informed Mindfulness Meditation for Everyone

Mindfulness meditation can have all kinds of benefits, including lower anxiety levels, increased feelings of connection, improved focus and attention, and stronger immune function. However, some people find that following certain meditation instructions can actually increase anxiety and cause more harm than good. In this workshop we'll talk about some of the challenges that can happen during meditation, and how we can have an empowered meditation practice that honors each unique life experience. This workshop will include meditation practices and sharing, and everything is optional. No meditation experience necessary. Lunch provided!