

Lunchtime Meditation @ the Library



Put down your digital devices, sit, and breathe....

Wednesdays
12:15-1:00 p.m.

Science backs it up: meditation and mindfulness reduce stress, boost the immune system, improve attention, and promote well-being. Russ Michel will lead this weekly meditation program. Russ has been working with meditation and various contemplative disciplines for over 25 years. In 2002 he founded White Plains Zen, an interfaith meditation group.

No registration, experience or equipment necessary. Please be on time. The first few minutes will be devoted to beginning instruction.



100 Martine Avenue, White Plains, NY 10601
914-422-1400 • whiteplainslibrary.org

facebook.com/WhitePlainsPublicLibrary
Twitter: @WhitePlainsLib Text: WPPL to 66746
Instagram: [whiteplainslibrary](https://www.instagram.com/whiteplainslibrary)

