

STAY SANE DURING THE HOLIDAYS

Mindfulness Meditation Classes

with Erin LoPorto

Mondays at 10:00 AM

4 weeks beginning November 29, 2021

https://actonma.zoom.us/webinar/register/WN_-V1-h7jHTOmt2ePZSpN0YQ



If you're feeling extra anxiety or loneliness these days due to the holiday you're not alone. This time has us all facing more stress and uncertainty than usual. Meditation can be a pathway back to steadiness that is immeasurably helpful. Mindfulness meditation can reduce stress, relieve symptoms of anxiety and depression, and help you live a more present life.

Whether this is your first time meditating or you want to deepen your practice, join Erin LoPorto for this 4-week program.

Erin found her home in yoga and meditation when she was first introduced to the practices in 2001. She has experienced personal healing and transformation from the 8-limbed path and has been a full-time yoga teacher and yoga therapist since 2012. She is also a bodyworker, energy healer and life coach passionate about building and healing the mind-body connection. Erin brings a playful, intuitive and compassionate spirit to all of her classes, private sessions and workshops.

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