

Weekly Saturday Drop-In, Claremont

An Hour of Mindfulness: Cultivate Calm Mind, Wise Heart, Ease & Well-Being

Join me each Saturday for a one hour drop-in Mindfulness class beginning January 4, 2020.

Mindfulness is linked to increased emotional regulation, decreased reactivity, improved focus and attentional skills, greater calm and ease. Through the practice of Mindfulness we can more skillfully work with difficult and challenging emotions, tame the non-stop thinking-mind, and cultivate positive emotions such as loving-kindness, compassion, joy & equanimity.

Specific practices and guided meditations are offered weekly. You are encouraged to use these practices throughout the week to help support calm, ease and well-being. No experience with Mindfulness is necessary. Beginner and experienced practitioners are welcome. Classes are held at the [Buddhamouse Emporium](#) in Claremont.

When: Saturdays beginning January 4 through May 30, 2020

Time: 10:30 - 11:30 am

Where: [Buddhamouse Emporium](#), 134 Yale Ave. Claremont, CA 91711

Cost: Donation Based