

# Penobscot Bay YMCA SIMPLY MEDITATION



**Thursday, May 7: 9:00–10:00 AM**

**Thursday, May 14: 9:00–10:00 AM**

**Thursday, May 21: 9:00–10:00 AM**

**Thursday, May 28: 9:00–10:00 AM**

**Location: Lily Pond**

**Instructor: Jean Forest**

**Free to all – registration required.**

Open to beginners and experienced meditators alike, this class offers instruction in breath-focused meditation, along with both guided and silent meditation practice. We take a secular approach, focusing on calming the mind, building awareness, and creating a sense of space and clarity. Come as you are—no experience needed.

