

 Mindfulness & Meditation Class 

@ The Gathering Point

Free for Women in Recovery

Tuesdays 6:30 – 7:30 P.M.



Recovery Without Walls (upstairs office)
Homeport Bldg 350 Gifford Street
Falmouth, MA

Join us in a dynamic class at The Gathering Point, a program of Recovery Without Walls. This class offers women in recovery practical mindfulness & meditation techniques to help ease the daily stresses of real life. The class meets once a week and is designed to assist participants in cultivating a deep sense of relaxation and renewal, combining soothing guided meditation, calming rhythmical breathing exercises, energizing body movements and rejuvenating sound therapy. Group participation and meditative real life Q&A time encourages participants to leave with a focused and flexible mind, inspired and uplifted for the week ahead. Come empty your tensions, open to the light, and receive the peace, calm, serenity and stability that your life is craving!

Beneficial and open to all levels, no prior experience necessary

For more information or to register for a class contact:

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Recovery Without Walls | Cape Cod

