



MINDFULNESS MEDITATION CLASSES

with Jackie Frederick-Berner

code 6456

On-Going Classes

*(begin Tuesday,
October 17th)*

Mondays

7:30pm

(begins Oct 30)

Tuesdays

9am

Wednesdays

12 noon

Thursdays

10:45am

Saturdays

10am

(begins Nov 4)

**Member &
Non-Member
\$5**

This 30-minute class reinforces the simple steps of this proven, ancient practice whether you're brand new to meditation or a seasoned sitter. By learning how to pay attention to your breath and thoughts on the meditation cushion, you're better able to stay present and connected in everyday life no matter what happens to come your way.

This class gives you the tools and guidance to start or deepen a meditation practice along with the support and energy that comes from meditating regularly in a group setting. The 15-20 minute meditation session is bookended by instruction and an opportunity to ask questions and receive clarification on your practice.

*pre-registration preferred online,
walk-ins welcomed*



*Jackie
Frederick-Berner*

Jackie Frederick-Berner is a Mindfulness meditation instructor in the Buddhist Shamatha tradition. She received her certification through Kaia Yoga's Meditation Teacher Training program in Westport, CT. She has also studied Mindfulness-Based Stress Reduction and has completed the MindfulSchools.org Training Curriculum, a program designed to teach mindfulness techniques to kindergarten through twelfth grade students. As a member of the Healing Arts Collective of Rye, she is part of a group of health and wellness professionals dedicated to helping community members manage stress, foster resilience and nurture well-being. Through the HAC, she has facilitated guided walking meditations for Rye teachers and residents. Mindfulness meditation has and continues to deeply enrich her life and Jackie is passionate about sharing this practice with others so they too can experience the fruits that mindfulness has to offer.



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