

Teens And Twenties Meditation Group

Who: High School and College-Age Students. Beginners-Ok. YOU!

When: 1st and 3rd Thursdays of the Month from 7-8:30pm

Where: Red Cedar Dharma Hall, 1021 N Forest St. Bellingham

Cost: Free (optional donation)

What: 20 minute guided mediation. Q & A. Discussion on how mindfulness or Buddhist ideas apply to our lives. No prep required.

Bellingham Insight practices in the Theravada Buddhist tradition. You don't have to believe any doctrine or join anything. The purpose is to provide practice and insight about our thoughts, emotions and lives.

More information?

Bellinghaminsight.org or BIMS Teen Sangha on FB

Meditation helps us be free
from stress and anxiety...

