



Mindfulness for Well-Being



Curious about ways to bring more connection, clarity, self-compassion and pleasure to your life? Interested in exploring your body-mind-heart relationship in a mindful way, with the goal of increasing groundedness, ease and vitality?

This mindfulness for well-being series will include short guided practices as well as discussions about using embodied awareness for the specific purpose of increasing well-being in body, mind and spirit. No prior experience needed - all are welcome!

*Thursdays, February 9-March 30
6:00-7:00pm via Zoom*

For more information, or to register, please contact the
Gale Free Library Reference Desk
email: galefreelibrary@gmail.com
phone: (508) 210- 5569

Facilitator: Katarina Hallonblad is an occupational therapist, somatic movement and touch therapist, and a long-time practitioner of contemplative disciplines based on mindful awareness. She is a graduate of The Center for Mindfulness at UMass Medical School in Worcester and has 25 years of professional experience in embodied awareness. In her teaching, she integrates tools from ancient wisdom traditions with findings of modern psychology and neuroscience. Her approach is heart-centered and trauma-sensitive.