

An Enrichment Program from the Spring Lake Public Library:

4-Week Course:

# MINDFUL Meditation

Explore and cultivate skillful habits of mind

Decades of research demonstrate support for the effects of mindfulness in improving coping skills, relationships, empathy, and quality of life.

## Benefits of practicing mindfulness:

- ☀ Increased experience of calm and relaxation
- ☀ Higher levels of energy and enthusiasm for living
- ☀ Increased self acceptance and confidence
- ☀ More self-compassion and compassion for others

*Sign Up in Community  
Pass or call us for help:  
732.449.6654*



*Invite a Friend and  
plan to enjoy a meal in  
Spring Lake afterwards*

**\$40/4-week Course**

Frederic A. Duggan Building, 2nd Floor  
313 Washington Ave, Spring Lake

**Monday Mornings- March 20 - April 10  
11am- Noon**

Cynthia O'Connell is a Specialist Professor in the Educational Counseling Department at Monmouth University. She is a certified Yoga Calm® Trainer and an RYT 200 Yoga Instructor.