



Mindfulness Practice Group
Contemplative Practices for Modern Times

Thursdays from 3:30-4:30

Olympia Campus, 22-180

Oct 18—Dec 6

Sally Sharbaugh shares insight and instruction for intentional mindfulness practice and its application at work and home. This is an opportunity to explore concentration and loving-kindness mindfulness practices in a supportive group setting. Questions? email: ssharbaugh@spscc.edu

No prior experience required.

Discover a new mindfulness practice or use the weekly sessions to sustain and grow your current practice.

Open to SPSCC Community.