Drop-in meditation
Mondays
7:15 pm—12:45 pm
virtual - zoom
https://yale.zoom.us/j/98810857794
facilitated by—Diane Frankel-Gramelis

Are you stressed? Can’t sleep? Just need a break?
Join me Monday evenings for a little peace through guided meditation.

It’s easier than you think and brings with it many powerful benefits. Research has found that meditation can help relieve stress, depression, insomnia, anxiety and worry. While increasing productivity, learning, happiness, well-being and inner peace. Wow, now that’s powerful!

Join me tonight for a little peace of mindfulness