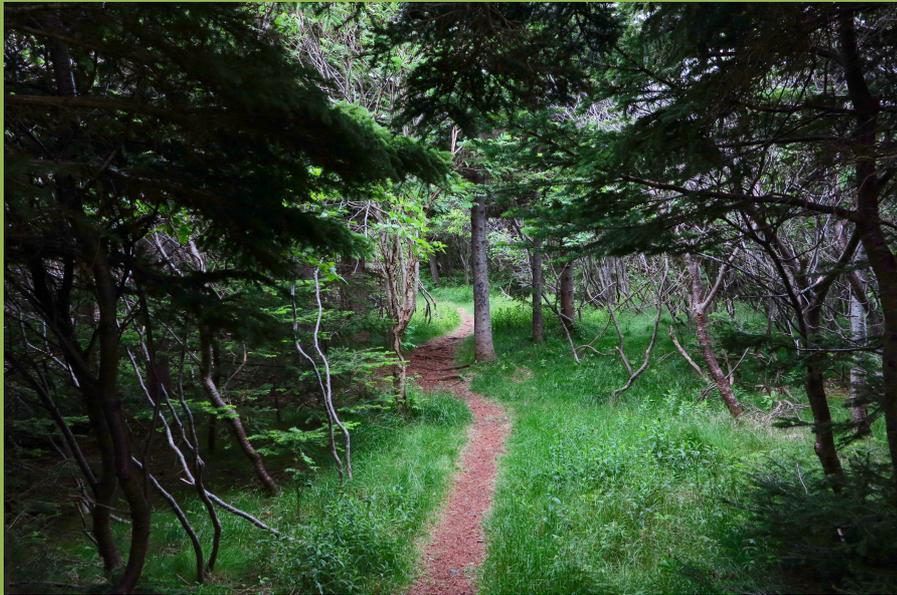


One Evening of Mindfulness



Floating Lotus



"Claudio gave me a great present: he taught me how to pay attention to the present moment, to people, even to the trivial things I was so used to ignore. It was like a new beginning for me."
Valentina, Meditation Student, Siena, Italy.

@Floating Lotus, October 11th, 7-9 pm

169 Main Street, Gloucester, MA 01930, USA

www.floatinglotus.net

"The path is the goal".

One evening of mindfulness meditation to explore how to access our deeper self in every day life. Through basic Shamata (concentration) and Vipassana (insight) meditation we will

inquire into the basics of our experience and ways to transcend the habitual patterns with which we relate to the world that bring tension, stress and unhappiness. No previous experiences necessary.



www.mindfultrail.org



Claudio Corbelli, PhD
Counsellor, Meditation and Tai Chi Instructor