

Breath/Meditation Class

Mindful Breath Practice and Guided Meditation 60 minutes
(2nd and 4th Tuesdays, 4:00 – 5:00 pm)

Meditation practice is a personal experience – unique to each person.

Yoga By Water invites you to this Breath/Meditation Class so that you may discover a practice that works for you.

Meditation doesn't necessarily mean sitting cross-legged with your eyes closed. Simply observing how your mind is responding to the sense world can be a really perfect meditation and bring a perfect result. Lama Zopa Rinpoche