What is Meditation?

- Meditation is the practice of training the mind to enter a state of inner peace through silence.
- By silencing the mind, individuals are able to reduce stress, reduce anxiety, improve breathing and much more.

When: Mondays
Time: 2-3pm
Where:
BCYF Grove Hall Senior Center
51 Geneva Ave,
Dorchester, MA 02121

For more information please contact:
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