

Mindfulness Meditation

For Women Veterans

A free 6-week online course

May 23– June 27, 2020

0900-1030 Saturday mornings

An introductory course using an interactive Zoom platform with talks, discussions, meditations. Maximum 15 students. Mindfulness practice can help you calm the body and mind, manage stress and pain, and find peace in the moment.

To register or ask questions:

mindfulnessforveterans@gmail.com

Teacher Peggy Spencer founded and directed the UNM Student Veterans Mindfulness Retreat from 2013-2018. She is a participant in the Mindfulness Meditation Teacher Certification Program with Jack Kornfield and Tara Brach, maintains a regular meditation practice and works as a primary care doctor in the Women's Clinic at the VA in Albuquerque. She is honored to share these transformational practices with others.