

 **Virtual Meditation, Sitting Still & Relaxation Group**
(For Adults)

 **Late Fall Session**
Anticipated Start: Week of **November 17th**

 **Group Meeting Times**
Choose one time slot, based on group availability:

- **Wednesday** — 10:00–10:45 AM
- **Wednesday** — 6:10–6:55 PM
- **Thursday** — 9:10–9:55 AM

 **Format:** 4 weekly meetings

 **Investment:** \$120

 **What to Expect**

This group offers a gentle introduction to practices that help you slow down, be present, and relax your body and mind.

Participants will learn and experience:

- Mindful breathing
 - Guided relaxation
 - Stillness and meditation techniques
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 **Registration & Consultation**

A *free 15-minute consultation* will be scheduled prior to the first session to answer questions and ensure the group is a good fit.

Payment is due before the first session via Venmo or Zelle.

 **Interested or Have Questions?**

Marta Laurette, LCSW-R

Group Therapist

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