

Mendocino Coast Hospitality Center

Mindfulness

Wednesday @ 2:00pm

Through the Mindfulness sessions we explore the capacity of the beauty of living in the present moment. By living in the here and the now we find peace serenity and contentment. We develop a sense of gratitude for the gift of the present moment and the ability to share it with others. This brings us into a place of silence where there is serenity and peace. It is a space of freedom and liberty where we understand more clearly who we truly are. This reaffirms our sense of worth and provides us with the capacity to heal past wounds and trauma. Centered in this silent space of freedom and protection. We go through life with a disposition of receptivity full of confident abandon. The peace within us radiates out and draws others into this open space. It's a beautiful journey for all those who would like to engage it!

