

Dear Mindfulness Group Member:

Here is the summary for the final class called Moving Forward. The goal of the last class was to wrap-up the series and reinforce the practices and concepts learned during the program.

We reviewed formal and informal meditation practice and discussed plans for continuing a personal practice. Our practices today included a Walking Meditation and a Loving Kindness practice. We also introduced Mindfulness of Breathing with Spaciousness practice. We finished the class with a closing circle.

For your ongoing practice, consider selecting a favorite attentional practice (like Mindfulness of Breathing) and a favorite kindness cultivation practice (like Loving Kindness). Alternate between these two practices. Please feel free to continue using the audio tracks for your personal practice if you find it helpful. But you can also practice on your own without a recording if you wish. Make the practice your own.

It has been our pleasure to have you in the mindfulness program. May all beings everywhere be happy, healthy and free from suffering.

Warmly,