

Upcoming Offerings

The Power of Community *A Weekly Meditation*



Alternating
Tuesday 1 – 1:15 p.m. and
Thursday 5 – 5:30 p.m.

mbsihouston.org

Meditaciones en Español

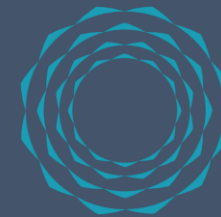
En honor a Telma
Elizabeth Ferrari

Cada mes de 6:30 – 7:15 p.m.

Próxima: Julio 18

Monthly Meditations Online

Monthly from
6:15 – 7:15 p.m.
June 29, July 26



THE JUNG CENTER'S
MIND BODY SPIRIT
INSTITUTE

How Do We Recalibrate?

MEDITATION

Bringing Awareness to Everyday

S

STOP anytime you notice that you are distracted and engaging with pain body, pain speech or pain mind.

T

TAKE a deep breath and repeat as needed.

O

OPEN and observe how you feel; then choose a precious pill.

P

PROCEED coming from a place of stillness, silence or spaciousness.

Savor Your Experience

