

Mindfulness Meditation Classes

with meditation coach and mentor, Adam Silcott

@ Center for Mind Body Therapies



These ongoing classes include guided meditations, instruction in meditation, and an opportunity for questions and discussion.

We practice Vipassana, or insight meditation, which cultivates our natural wisdom and compassion. Meditation practice also develops concentration, which helps us to calm and steady the mind.

Teacher Adam Silcott is a meditation coach and mentor with the Insight Meditation Community of Washington.

When: Wednesdays, 7:30pm - 8:45pm

Where: CMBT

5 N. Bentz Street
Frederick, MD 21701

Cost: \$15 suggested donation

For more information, contact adsilcott@gmail.com