

Insight Meditation Group



Pike County Public Library

Tuesdays, 5:30-7:00pm

Summer Schedule

July 10th & 24th/ August 14th & 28th

Milford Community Room

Facilitator, Anthony Varriano, MD

July/August Theme: Keeping a cool mind.

Join our practice group and learn the basic practices to enliven your life, manage stress and cultivate ease and well-being.

All are welcome!

Please sign up in Milford, or call (570) 296-8211.

