

New 4 week Program offered at Pike County Public Library  
Insight Meditation: New Beginner Series

Dates: Tuesday's, January 23, 30, February 6, 13

Place: Milford Community Room

Instructor: Anthony Varriano, MD

Participants will be exposed to the four foundations of mindfulness as a method to help calm and concentrate the mind. Classes will be composed of guided meditations with periods of sitting and walking.

Please sign up for this Free program in Milford,  
or call 570-296-8211

Anthony Varriano, MD is a physician with over 20 years of experience studying and practicing Insight Meditation. Finding ease and well-being in the midst of the busy modern world is possible for everyone. His approach is aimed at transmitting these practices to people seeking to live a more free and engaged life.