

Insight Meditation Group



Pike County Public Library

Tuesdays, 5:30-7:00pm

Milford Community Room

Facilitator, Anthony Varriano, MD

May Theme:

Naturalistic Observation

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.

