

PUBLIC LIBRARY OF NEW LONDON
63 Huntington Street, New London CT 06320

For Immediate Release

Contact: Madhu Gupta
Head of Information Services
Public Library of New London
63 Huntington Street
New London, CT 06320
(860) 447-1411 x3
mgupta@plnl.org

Mindfulness Meditation with David Chandler

New London, CT – Sunday, November 6, 2016- The Public Library of New London will offer a three part meditation series beginning Sunday, November 6 at 2:00 PM, with a discussion and guided meditation by David Chandler, founder and director of Eagle's Quest Tai Chi Center who holds a Master's degree in Integrative Health and Healing from the Graduate Institute and is a Master Teacher of Tai Chi.

Mindfulness is the practice of bringing one's attention to the internal and external experiences occurring in the present moment. Evidence supports the use of mindfulness programs to alleviate symptoms of a variety of mental and physical disorders. Mindfulness meditation has been connected to favorable structural changes in the brain, including prevention or delay in the onset of dementias. Mindfulness Meditation also helps us to become aware of what is already true, moment by moment; to be present with whatever is happening, no matter what it is. Mindful meditation is a great way to increase focus, decrease stress, and stimulate your creativity.

The three part series schedule is as follows:

Sunday, November 6, 2:00-3:00 PM – Mindfulness Meditation.

Saturday, December 10, 10:00 – 11:00 AM- Mindfulness Meditation: Learn Ways to Manage Holiday Stress.

Sunday, January 22, 2:00 – 3:00 PM – Mindfulness Meditation: Learn Ways to Manage Winter Blues.

Each workshop will include a teaching about meditation, a guided meditation (approximately 20 minutes) and time for questions.

All sessions are free of charge. No registration is required. Participants must be at least 15 years of age. No prior experience necessary.

For more information contact Madhu Gupta at 860-447-1411 x3, email mgupta@plnl.org, go online to www.plnl.org, or visit our reference desk at 63 Huntington Street, New London, CT.