

Introduction to Meditation & Mindfulness

September 16 - September 30, 2026



Description: Join us for an introduction to meditation and mindfulness practice that will give you the opportunity to experience meditation from a fresh new perspective - through understanding and experience, allowing you to find stillness in a way that works best for you. There is no "one-size fits all" practice for meditation. The practice could be anything from finding ways to cultivate mindfulness, in the moment, in everyday life, to engaging in a more structured practice. These sessions are dedicated to discussing your unique experiences and challenges, learning a variety of concepts and techniques, and practices that introduce you to the various ways to meditate - including but not limited to breathing meditation, mantra meditation, Metta meditation (Loving kindness) and guided meditation etc. Learn how to make whatever time you have -seconds to minutes to create moments of calm throughout your day, in whatever way works best for you.

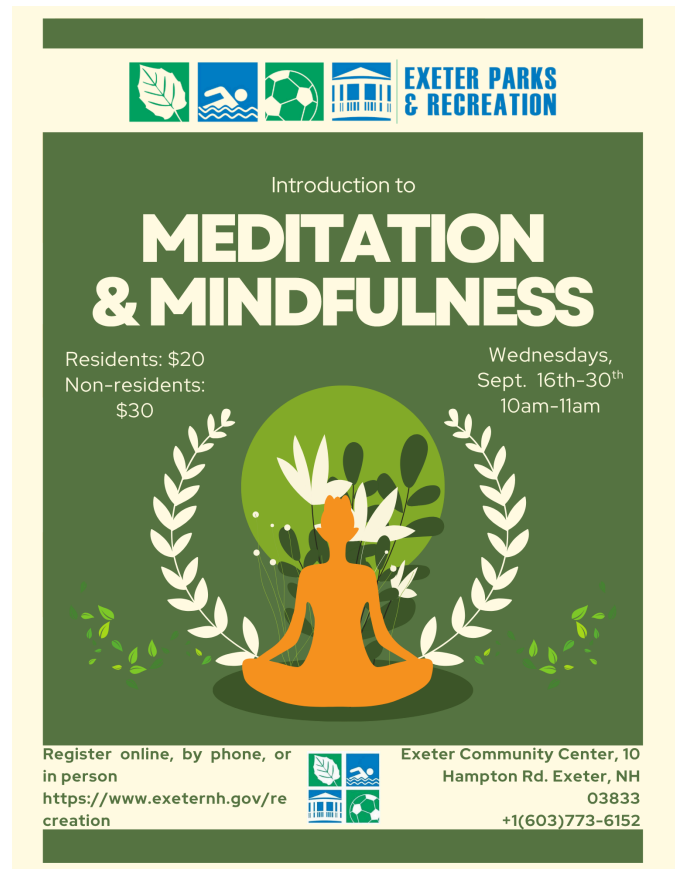
Registration: Registration is open to Exeter residents on Wednesday, August 19th, 2026 at 8:15am. Registration opens for non-residents on Wednesday, August 26th at 8:15am on a first-come, first-served basis.

Dates & Time: Wednesdays, September 16th - September 30th, 2026 from **10:00-11:00am.**

Location: Exeter Community Center, 10 Hampton Rd. Exeter, NH 03833

Fee: The fee is \$20 for residents and \$30 for non-residents

Deadline: The deadline to register is September 15th, or once the class is full. Note: We need a minimum of 8 people registered for this class and the maximum is 15.



Exeter Parks & Recreation Department
10 Hampton Road Exeter, NH 03833
www.exeternh.gov/recreation
603-773-6151