

HULL LIFESAVING MUSEUM

SAVING LIVES THEN. CHANGING LIVES NOW.



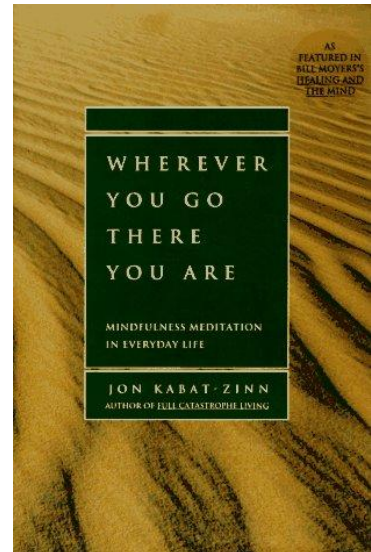
Lifesaving Sangha ~ Autumn Mindfulness Workshop with Sean Baggett

Wednesdays, Sept 14 - Nov 16, 2022

7:00 - 8:00 pm

(with an optional meditation period following class)

\$35 per person



This Fall we will be exploring Jon Kabat-Zinn's timeless classic: **Wherever You Go, There You Are**. This beautiful book builds on the practices first introduced by ancient teachers; it will show us how to cultivate understanding, acceptance, forgiveness and finally peace to our lives. Please join us for fun, informal conversation, and community, where we discuss practical approaches and interesting topics related to living peacefully in the here and now. These sessions will also include a period of insight meditation. If you are an experienced mindfulness practitioner, or at the beginning of your journey, or just curious, come on in and join us. All are welcome.

Sean is a mindfulness practitioner and a student of Buddhist philosophy. He has taught similar courses at the Plymouth County Correctional Facility, The Anchor of Hull and the Lifesaving Museum. Sean's classes are easy going, informal and welcoming.