

BNMC PRESENTS

MEDITATION MONDAYS

Mondays in November
@ 8:30am

Start your week
mindfully with
Amiyah and Jasir

Nov 2nd: Mindfulness

Nov 9th: Self-Love & Forgiveness

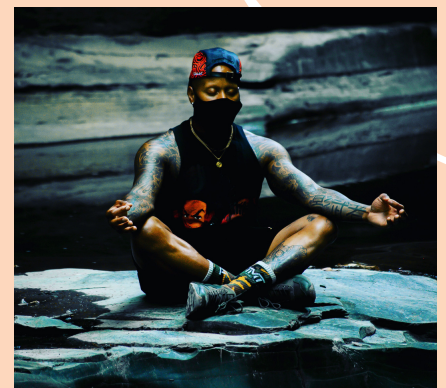
Nov 16th: Focus & Productivity

Nov 23rd: Battling Anxiety &
Depression

Nov 30th: Looking Within



Amiyah is a Buffalo native, full-time graduate student and the founder/owner of Luminous Love, providing mindfulness services to the Buffalo community



Jasir Ali, a veteran firefighter for the city of Buffalo, studied yoga and meditation in India for over a month after recovering from hernia surgery.

Register at <https://www.facebook.com/groups/2243130692613771>
