



NJ Center for Mindful Awareness, LLC

**You are Warmly Invited to join our
Daily Mindfulness & Resilience Gatherings
with Dr. Ken Verni, Psy.D.**

OPEN TO ALL!

Via support of Rutgers University and Children's System of Care

Through grounding and centering activities, nurturing and moving the body, and awareness of breathing, the mindfulness practices offered can help with stress and uncertainty we are currently faced with. Learning how to take refuge in the present moment can help greatly with the habits of the mind that fuel our anxieties, affect our mood, and increase a sense of isolation from others.

Each session starts with a short practice of arriving and getting centered. Next, we transition into some gentle movements (shoulder, neck, hip rolls, stretching), followed by some invigorating movements to get blood flowing, prior to a guided sitting meditation for the last 15 minutes. Involvement is very informal. You can come and go as you please, as participants have cameras off and microphones muted until the very end.

All ages and experience levels are welcome! Dr. Verni provides short tips and suggestions throughout the sessions, modifying practices a bit depending on those present.

Mid-Day Mindfulness & Resilience Gathering

A guided mindfulness practice for unique times.

(Pre-registration is *not* required.)

**Every *Monday, Tuesday, Wednesday, & Thursday*
11:15 AM to 12:00 PM**

[Click Here to Join Ken's 11:15-12pm Mindfulness & Resilience Gathering via Zoom](#)

Morning Meditation Meeting

A *minimally-guided* sitting meditation practice to help establish presence, posture, and intention.

(Pre-registration is *not* required.)

**Every *Monday, Wednesday, & Friday*
7:30 AM to 8:15 AM**

[Click Here to Join Ken's 7:30-8:15am Morning Mindfulness Meditation via Zoom](#)

Looking forward to Sharing Practice with you whenever you are able to join.