

Mindfulness & Meditation for Teens

with Ben Darragh and Emily Adama, MSW

An 8-week Course at the Zen Temple of Ann Arbor for High Schoolers

Where?

Zen Buddhist Temple of Ann Arbor
1214 Packard Street

When?

Sundays, November 1 -December 20
4pm-5:30pm

What?

Mindfulness & Meditation for Teens is an 8-week experiential exploration of mindfulness and meditation practices drawing from the teachings of Thich Nhat Hanh, Zen meditation, Jon Kabat-Zinn and the Buddha.

Who?

For teens who wish to better understand their own mind, who have life questions or who may experience anxiety, depression, emotion regulation struggles, or concentration difficulty.

The Teachers

Ben Darragh is a teacher who has studied and practiced Zen meditation for the past 15 years.

Emily Adama is a social worker who has studied and practiced mindfulness, contemplative prayer and meditation for the past 5 years.

Cost?

\$80 Suggested Donation. Full & partial scholarships available. Please inquire.

Registration?

Pre-registration is required, please contact for more information:
mindfulness4youth@gmail.com

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