

Meditate with Me

Join me for weekly meditation practice



Via Zoom every Tuesday at noon

We live, in fact, in a world starved for solitude, silence, and private: and therefore starved for meditation and true friendship.

– C.S. Lewis

To fully experience this moment, you need to be fully present. That presence takes practice. That is exactly why I am committed to offering a free guided meditation every Tuesday at 12 noon for 30 minutes: so we can practice together. Join me, especially if you never have considered meditation. I will make it easy and accessible, and your nervous system will

thank you all day. Your health and your immunity depend on your ability to be present for whatever lies ahead.

Join me here each Tuesday 12 noon CT!