



Arcadia Public Library presents

The Art of Mindfulness

SATURDAY, MAY 20TH | 11 AM

Participants will learn the benefits & basics of mindfulness, followed by mindful walking, & a seated loving-kindness practice.

Participants will go home with the tools they need to bring mindfulness into their day-to-day activities for a more peaceful & present life.

Instructor information:

Amy Rutledge is a certified meditation instructor from the Nalanda Institute of Contemplative Sciences in NYC. Amy found meditation as a way of healing from when all else failed and became an instructor as a way to help others.



Arcadia Public Library
20 W. Duarte Rd. Arcadia, CA. 91006
www.ArcadiaCA.gov/Library ~ 626.821.5569

