

YOU ARE NOT ALONE

Online Mindfulness Gatherings for Gay Men Starting March 25, 2020

Join me for a Mindfulness Gathering for Gay Men—to meditate, share and support each other.

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Wednesdays, 6-7pm EST, (Free Weekly), starting March 25, 2020
Zoom—link to join— <https://bit.ly/2QFRPdi>

During times of uncertainty, fear and anxiety abound. We may not be able to cope because these emotions remind us of our vulnerability, a place that we as **Gay Men** know so well.

However, tapping into vulnerability becomes a source of strength and resilience when we do it with kindness and understanding—and we don't need to do it alone.

Online Gatherings Spark Growth and Strength:

We Become...more available for ourselves and others.

We Create...a community, enjoying time and space with others.

We Foster...understanding of ourselves and others.

Use this moment to discover how mindfulness and meditation practices can help you in your daily life. For additional information, please contact me. Phone: (416) 528 3595
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Love|Compassion|Acceptance|Wisdom|Listening|Self-Care|Worthiness