



ZOOM MEETING

Mindful Meditation

Classes are welcome to all levels and may incorporate a variety of meditation practices with themes such as spirituality and recovery, neuroscience and mindfulness philosophies. A curious, kind and compassionate energy is helpful to bring along with you. The offering is facilitated by Joy Kingsbury on Monday evenings from 7:00 to 7:50pm.

Mondays 7:00 - 7:50 PM
51 Cole Parkway, Scituate 02066
Zoom ID: 317 206 426 PW: sspr

Facilitator: Joy Kingsbury MS OTR/L, RYT-200

Joy is a person in long term recovery and has been practicing meditation for several years. In 2016, Joy earned a masters degree in occupational therapy and has great interest in self care practices to support wellbeing. Joy is an experienced yoga teacher who is deeply connected to sharing her love of yoga and spirituality practices with others. She enjoys incorporating her love of neuroscience and anatomy into her classes as well. Through her own devotion to meditation practices, she guides meditation classes that are rooted in mindfulness with intention to connect to the love that resides in all of us. She has been guiding meditations within the recovery community for 10 years and at South Shore Peer Recovery since 2014.