

Mindfulness in the Park

Ambler Borough's Parks & Recreation Committee has arranged for Ambler resident Kara Lehman to lead residents in several 'Mindfulness Sessions' to be held in in our parks. These events are for teens & adults and free to all. Sessions last about an hour. Bring your own mat or cushion & wear comfortable clothing.

Mindfulness events will be held:

“ Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally. ”

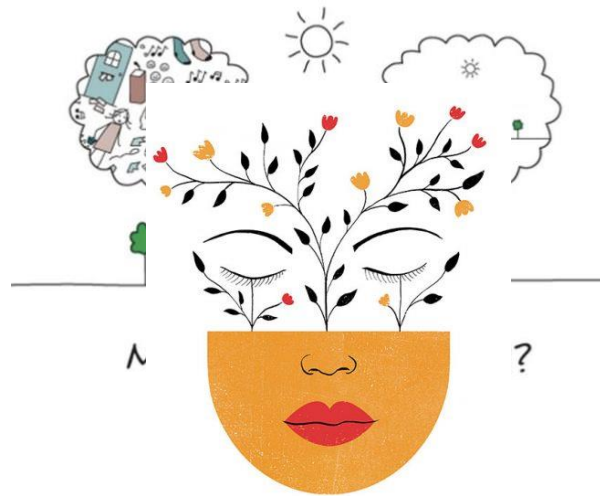
Jon Kabat-Zinn

Ricciardi Park @ 9:00 a.m.

Thursday, July 25th

Thursday, August 1st

Thursday, August 8th



Please direct any questions to Parks & Rec Chairperson

Sara Hertz: shertz@borough.ambler.pa.us