



Moment of Zen: Guided meditation session and group discussion

MARK VAN BUREN

AUTHOR AND MEDITATION INSTRUCTOR
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Back by popular demand! Learn how to accept obstacles and embrace inner peace at this guided meditation session and group discussion led by local meditation guru Mark Van Buren.

Owner of Live Free Yoga Studio in River Edge and author of one of Amazon.com's top-selling books on meditation, Mark has a bachelor's degree in religious studies. He has practiced meditation and mindfulness for nearly a decade.

Although he explains that he is nowhere near "enlightened," Mark's willingness to embrace all aspects of life with patience, gentleness, and humor is an inspiration to his students.

Whether you are new to meditation or an experienced practitioner, we hope you will join us for this free drop-in program.