

# **Morning Meditation**

**with Mindfulness instructor Dorte Koustrup**  
**Thursdays from 10:00 - 11:00am**

**January 10<sup>th</sup> - Seeing yourself through the eyes of a friend**

**January 17<sup>th</sup> - Mindfulness and Resistance**

**January 24<sup>th</sup> - Loving Kindness for a loved one**

**January 31<sup>st</sup> - Your Compassionate Voice; motivating yourself through encouragement rather than criticism**

**February 7<sup>th</sup> - Giving and Receiving Compassion**

**February 14<sup>th</sup> - Meeting Difficult Emotions**

**February 21<sup>st</sup> - A Compassionate Friend**

**February 28<sup>th</sup> Cultivating Happiness; Gratitude, Joy and Appreciation**

**No registration required for these free meditation programs. Open to the public.**

# **Friendswood Public Library**