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## HAYC3 Weekly Meditation Circle

**Hoosick Falls, NY**—With National Stress Awareness Day approaching in November, HAYC3’s Meditation Circle extends an invitation to community members to join the free sessions to help you reduce the stress factors in your life. The “circle” meets weekly on Monday evenings and is open to all with no experience necessary.

“The sessions have been underway since July. We have participants who come weekly and others who come when they can, and we are always welcoming newcomers,” HAYC3 board member Cathy Gee Graney tells us. “But what’s consistent is that we come with open minds and hearts to get meditative guidance from Jen Bono, our circle leader.” Jen, a Certified Reiki Master, believes in HAYC3’s mission and believes in supporting a community’s overall well-being.

The practice of meditation helps with reducing stress, achieving clarity, increasing focus, and attaining overall physical and emotional well-being, which gives you a sense of feeling more grounded and connected within. There are even more benefits when meditating in a group setting—a synergy is felt, creating a more powerful healing energy, which encourages deeper motivation and inspiration in a safe and nurturing environment.

The meditation group sits for an hour in whatever positions are most comfortable to participants (seated or lying on the floor with mats, pillows, cushions, and blankets brought from home, or in chairs for more support). The sessions begin with a short guided meditation, followed by sitting in silence for 25-30 minutes surrounded by peaceful soothing music and aromas; we conclude with thoughtful conversation for anyone wishing to share their experiences. The group meets weekly in 120Gallery90 downstairs at the HAYC3 Armory, 80 Church Street, Hoosick Falls, New York, on Mondays from 7:00-8:00PM (please arrive by 6:45PM so meditation can begin promptly at 7:00PM).

For more information, please email [contactHAYC3@gmail.com](mailto:contactHAYC3@gmail.com) or call 518-686-9050, or visit us online at [HAYC3.org](http://HAYC3.org) or on Facebook ([facebook.com/HAYC3NY](https://facebook.com/HAYC3NY)). To learn more about Jen and her reiki practice, please visit [reikiwithjen.com](http://reikiwithjen.com).

**About HAYC3:** *HAYC3 (Hoosick Armory, Youth Center, and Community Coalition) is a non-profit organization whose mission is to foster the well-being of our community. This is accomplished through a variety of initiatives including: Rural revival, arts, wellness, youth and community programs; small business incubation; community events and outreach; and community partnerships.*