

Weekly Meditation Sessions



The Center for Health and Healing (Department of Integrative Medicine at Mount Sinai Beth Israel) provides integrative healthcare by primary care and specialty physicians and practitioners of diverse healing traditions. They also offer workshops, programs and healing sessions to help their patients and the community learn ways to optimize their health.

The Center offers Zen meditation to patients, practitioners and the general public. Sessions consist of brief instruction followed by a 25-minute meditation session. All are welcome. There is no charge for these sessions.

**Thursdays from 12:30 to 1:00 P.M. in the second floor library located at:
245 Fifth Avenue at 28th Street**