



MLC Daily Dose LIVE Meditations

Looking for more ways to bring the benefits of
Mindfulness and Meditation into your life?

Join us online at **The Mindful Living Collective** for daily meditations, practices, tools, resources, and connections.

More happiness, joy and living a mindful life.

A daily dose of awareness, compassion, and joy.

This is a gift you can give yourself,

The Mindful Living Collective (MLC) is the world's leading mindfulness practice community, over 7,000 members. Founded by mindfulness teacher, author and psychologist, Elisha Goldstein, the MLC brings people together to tap into the shared wisdom of mindfulness, the practice of meditation, and the benefits of positive connection in a number of ways.

Daily Dose Meditations are 30 minute come as you are, Zoom pop-in, donation-based, guided-meditation times with trained meditation teachers.

I'm Ami. As a teacher with the MLC, I have been practicing mindfulness, meditation and yoga for almost 30 years. My guiding belief is that life is extraordinary and beautiful BECAUSE it contains the entire spectrum. That doesn't mean it's easy. Join me on Fridays, from 3-3:30 PST as we practice together to orient our minds and hearts towards more peace, clarity, joy, ease, and connection.



www.mindfullivingcollective.com