

Lunch Hour Meditation

Every Monday 12:30-1pm

Currently virtual so everyone can stay safe,
and those working from home can still tune in.



- Free.
- All are welcome.
- Basic instruction.
- No experience necessary.

The meditation was held in the Medical Dental Building weekly for 10 years leading up to the pandemic.

The meditation is held by Amy (Zoe) Darling, an acupuncturist and health educator in downtown Seattle, who has been practicing Zen Buddhism since 1996. Amy has facilitated meditation in diverse group settings: with hospice clinicians and prison inmates, in schools, businesses, for professional caregivers and her own patients.

Interested to attend? Please join us. Contact Amy here

amylac@amycdarling.com